

THE
CASTELL OF
Health, corrected
and in some places Aug-
mented by the first
Author thereof, Sir
Thomas Elyot
Knight.

AND NOW
newly imprinted,
in the Yeare of our
Lorde

1580.

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**THE PROHEME OF
SYR THOMAS ELYOT**

knight into his booke, called
the Castell of healtly.

(C:D)



A L E N T H E

most excellent Philicion feared, that in wryting a cōpendi-
ouse doctrine for the curing of
sicknesse, he should loose al his
labour, for as much as no mā

almost did endeavour him selfe to the finding of
truth, but that all men did so much esteeme ry-
ches, possessions, authoritie, and pleasures, that
they supposed them, which were Audious in any
parte of Sapience, to bee madde or distracte of
their wits, for as much as they deemed the chief
Sapience, which is in knowledge of thinges be-
longinge as well to God as to man, to haue no
being. Since this noble wryter found that lacke
in his time, whan there flourished in sundry coun-
treys a great multitude of men excellent in all
kinds of learning, as it yet doth appere by some
of thes2 workes, why should I be grieved with
reproches, wherewith some of my countrey doe
recompence me, for my labours taken wpythout
hope of tempozall rewarde, onely for the feruent
affection, whych I haue euer borne toward the
publyke weale of my countrey: A worthy mat-
ter, sayeth one, Sir Thomas Elyot is become a
Philicion, and wryteth in Phyliske, whych be-
seemeth

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seemeth not a knyghte, hee moughte haue bene much better occupied. Cruely if they will call him a Physician, which is studious aboute the weale of his counrey, I wilsaue they so name me, for during my lyfe, I will in that affection alway contineue. And why, I pray you, should men haue in disdain: or small reputatiō the science of physicke? which being well vnderstand, truly experienced, & discretely ordered, doth conserue health, without the which al pleasures be paynfull, riches vnprofitable, company annoy-ance, strength turned to feeblenes, beauty to loth-somenesse, senses are disperſed, eloquence interrupted, remembraunce confounded, whych hath bene considered of wyse men, not onely of the priuate estate, but also of emperours, kynge, and other greate Prynces, who for the vniuersall necessity, and incomparable vtility, whych they perceiued to bee in that science of physicke, they did not onely aduaunce and honour it with speciall priuiledges, but also diuers and many of them were therein right studious, in so much as Iuba the kynge of Mauritania, and Lybia, founde out the vertuous qualities of the hearbe called Euforbium. Gentius Kinge of Illiria, founde the vertues of Gentian. The hearbe Lythmachia tooke his name of King Lythmachus. Mithridates the greates kynge of Pontus, founde first the vertues of Scordion, and also inuented the famous Medicine agaynst poison, called Mithridate. Arihemissa queene

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of Caria founde the vertues of Motherworke,
wherby in latine beareth her name, whereby her
noble renoume hath longer continued, than by
the making of the famous Monument ouer hir
dead husbando, called Mausoleum, although it
were reckoned amonge the wonderfull workes
of the worlde, and yet her name with the sayde
bearbe still abideth; whyles the sayd monument
a thousand yeares passed, was bitterly dissolued.
It seemeth, that phisicke in this realme, hath
bene well esteemed, sence the whole study of Sa-
uerne, at the request of a kinge of England, was
and set forth a compendious and profitable treatise,
called the Gouvernance of health, in latyne
Regimen Sanitatis. And I trust in almighty God,
that our soueraygne Lord the Kinges maiesty,
who dayly prepareth to stablish amonge vs true
and vncorrupted doctrines, will shortly examin
also this part of study, in such wyse, as thinges
apte for medicine, growinge in this Realme, by
conference with most noble authours may be so
knowen, that we shall haue lesse neede of thynges
brought out of farre countreies, by the corrupti-
on whereof, innumerable people haue perished,
without blame to be geuen to the phisitions, sa-
uing only, if some of them be not diligent enough
in beholding their drugges or ingredients, at all
tymes dispensed and tryed.

Besides the sayd Kinges, whom I haue re-
herised, other honourable personages haue writ-
ten in this excellent doctrine, and not only of the
specu-

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dielines. First as concerning histories, as I haue
planted them in my workes, being well vnder-
stand, they be not so light of importance, as they
do esteeme them, but may more surely cure mens
affections, than diuers phisitions do cure mala-
dies. For whā I wrote first this booke, I was
not all ignorant in Physicke. For before that I
was twenty yeares olde, a worshipfull Phisiti-
on, and one of the most renoumed at that time in
England, perceping me by nature enclined to
knowledge, red vnto mee the workes of Galen
of temperaments, naturall faculties, the intro-
duction of Iohannictus with some of the Apho-
rismes of Hippocrates. And afterward by myne
owne study, I read ouer in order the more part
of the workes of Hippocrates, Galen, Orbasius,
Paulus Celsus, Alexander Trallianus, Cel-
sus, Plinius the one & the other, wyth Diosco-
rides. Nor did I omit to reade the long Canons
of Auicenna, the commentaries of Auerrois, the
practises of Isake, Galiabbes, Rasis, Mesue, &
also of the more parte of them which were their
aggregators & followers. And although I haue
neuer bene at Mountpeller, Padua, nor Salern,
yet haue I found some thing in Physick, wheres
by I haue taken no litle profit concerning myne
owne health. Whosouer I wot not why Phisiti-
ons should be angry wyth me, since I wrote and
did set forth the Castell of Health for theyr com-
modity, & the vncertaine tokens of byrnes, & o-
ther excrements should not deceiue thē, but that
by the true information of the sicke man, by mee

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Instructed, they might bee the more sure to prepare medicines conuenient for the diseases.

Also to the intent that men obseruinge a good order in diet, and preventing the great causes of sickness, they should of those maladies the sooner be cured. But if Whistton be angry, that I haue written phisicke in English, let them remember that the Grekes wrote in Greeke, & Romanes in latin, Auicenna, and the other in Arabike, which were their owne proper and maternall tongues. And if they had bene as much attached with enuie and couetise, as some now seeme to be, they would haue deuised some particular language with a strange cypher or forme of letters, wherein they woulde haue written their science, which language or letters no mā should haue knowne, that had not professed & practised phisicke: but those, although they were Papings & Jewes, yet in this parte of charity, they far surmounted vs Christians. & they would not haue so necessary a knowledge as phisicke is, to be hid fro thē, which would be studious about it

Finally GOD is my iudge, I write neither for glory, reward, nor promotion, onely I desire men to deeme well myne intent, since I dare assure thē, that altho I haue written in this booke, I haue gathered of most principall Writers in phisicke. Which being thoroughly studied, and remembred, shalbe profitable (I doubt not) vnto the reader, & nothing norous to honest Whisttons, that doe measure their study, with moderate lying and christen charity.

IT must be remēbred, that the number in the Table doth
 signifie the leafe, and the letter A doth signifie the first
 page or side, the letter B the second page or side.

A	Beefe.	29.a
A Nnexed to thinges	Beanes.	25.b
naturall.	Fol. 1. b Breakefast.	43.a
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Apples.	21. a Bread.	18.b
Almondes.	22. b Blacke bird.	30.b
Anyse seede.	25. b Bustarde	31. a
Ale.	56. b Bittoure.	ibid.
Abstinence.	55. b Brayne of beasts.	32. a
Affects of the mynd	64. a Butter.	33. a
Autumne.	39. b Beere .	36. b
B	By vvhat tokes one may	
B Loud.	8. a know vvwhether the sto-	
Beetes	24. b mack & head be hoat or	
Byrdes.	30. a cold,	36. b
Brayne exceedynge in		C
heate.	3. b	
Brayne exceedynge in		C Onsiderations of
cold.	ibide	thynges belonging
Brayne moyste.	ibide	to health.
Brayne dry.	4. a Cõplexions of man.	2. a
Brayn hot & moist.	ibi. Chollerike body.	2. b
Brayn e hoat & dry.	ibi. Choler.	8. b
Brain cold & moist.	4. b Choler naturall.	9. a
Braine cold & dry.	ibi. Choller vnnaturall.	ibi.
Braine sicke.	81. b Colour.	11. a
Breast sicke.	82. a Colour of invvarde cau-	
		ses.

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Commoditye hapening		
by moderate yse of the		
qualinies of meat. 18.b		
Cucumbers. 19. b	D istemperature	
Cheries. 21.a	hapening by ex-	
Chestnutes. 22. b	cess of sundry qualities	
Capers. 23. b	of meate.	18.a
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ges. 23. b	Fol. 29. b	
Cykory. 24. a	Dares.	20. a
Cheruile. 25. a	Ducke.	31. a
Carettes. 26. a	Diversity of meates.	
Considerations in absti-	Fol. 44. a	
nence. 55. a	Digestiues of choler.	
Cloues. 28. b	Fol. 59. b	
Conny. 29. b	Digestiues of fleagme.	
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Chickens. 30. a	Diet concerning sundry	
Crane. 31. a	rymes of the yeare.	
Cheese. 33. a	Fol. 39. b	
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Confortatiues of the	complexions. 70. b	
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		Genitories moyst.	ibide
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		Genitories hoar & dry.	
		Genitories cold and moyst.	i bidem
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		Gourdes.	19.a
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Thus endeth the Table.



O the cōseruation of the
body of mankind, within the li-
mitation of health, which (as
Galen sayth) is the state of the
body, wherein wee bee neyther
griued with payne, nor let fro
doing our necessary busines, doth belong the di-
ligent consideration of three sortes of thinges,
that is to say.

{ Things Naturall.
 Things not Naturall, and
 Things against Nature.

Things naturall be viij. in number.

{	Elementes	{	Powers
{	Complexions	{	Operations, and
{	Humours	{	Spirites.
{	Members.		

These be necessary to the being of health, ac-
cording to the order of their kinde: and bee al-
way in the naturall body.

Things not naturall be sixe in number..

{	Ayre	{	Emptinesse and
{	Meates, & drinke	{	repletion, and
{	Sleepe & watche	{	Affections of
{	Mouinge & rest	{	the mynde.

Things agaynst nature be three.

{ Sicknesse.
 Cause of sicknesse.
 Accident, which followeth sicknes.

Annexed

Annexed to thynges naturall.

Age. Figure, and
Coloure. Diuersity of kyndes.

The elementes be those originall things brimixte and vncompounde, of whose temperance and mixture, all other thinges hauing corporall substance be compact : Of them be foure, that is to say.

Earth,
Water,
Ayre, and
Fyre.

Earth is the most grosse and ponderous element, and of hir proper nature is colde and dry.

Water is more subtile and light than Earth, but in respect of Ayre and Fyre, it is grosse and heauy, and of hir proper nature is cold & moist.

Ayre is more light and subtile than the other two, & being not altered with any exterior cause, is properly hoat and moist.

Fyre is absolutely light and cleere, and is the clarifier of other elementes, if they be byciate out of their naturall temperaunce, and is properly hoat and dry.

This is to be remēbred, that none of the sayd elementes bee commonly seene or felt of mortall men, as they are in their originall beinge : but they which by our senses be perceiued, be corrupted with mutuall mixture, and be rather earthy, Watry, Ayry, and fiery, than absolutely Earth, Water, Ayre, and Fyre.

Of the Complexion of

man. Cap. 2.

Complexion is a combination of two diuers qualities of the foure Elements in one body, as heat and dry of the fyre, heat & moist of the Ayre, cold and moist of the water, colde and dry of the Earth. But although all these complexions be assembled in euery body of man and woman, yet the body taketh his denomination of those qualities, which abounds in him, more than in the other, as hereafter insueth.

The body, where heate and moisture haue soverainie, is called Sanguine, wherein the ayre hath preheminnce, and it is perceived and known by these signes, whych doe follow.

Carnositie or fleshtnesse.

The veynes and arteries large.

Hayre plenty and red.

The visage white and ruddy.

Sleape much.

Dreames of bloudy thinges, or

Sanguine thynges pleasaunte.

Pulse great and full.

Digestion perfect.

Angry shortly.

Sleage, vyne, & sweate abundant.

Fallinge shortly into bleedinge.

The vyne redde and grosse.

B.

Adhere

THE FIRST
Where cold with moisture prevaleth, that body
is called fleumarke, wherin water hath prebe-
minence, and is perceived by these signes.

Fleuma-
ticke. Fatnes quauing and soft.
Therpes narrow.
Hayze much and playne.
Colour white.
Sleepe superfluous.
Dreames of thinges watrye, or of fish.
Slownes.
Dulnes in learning.
Cowardise.
Pulse low and litle.
Digestion wreake.
Spettele white, abundant, and thicke.
Therpe grosse, whyte, and pale.

Cholerick, is hote and drye, in whom the fire
hath preheminnence, & is discerned by these signes
following.

Chole-
ricke. Leannes of body.
Costifenes.
Hayze blacke or darke, aburn, curled
His face and skinne red as fyre, or sa-
lowe.
Hot thinges noyful to him.
Litle sleepe.
Dreams of fire, fighting, or anger.
Wit sharpe and quicke.
Hardy and fighting.
Pulse swift and strong.
Therpe hgh coloured and cleare,
Voise sharpe.

Melancholike is cold and drye, ouer whom the
earth hath dominion, and is percelued by these
segnes.

Leanness with hardnes of skin.

Hayre playne and thin

Coloure duskysh, or whyte wth leanness.

Much watch.

Dreames fearefull.

Mela. Stiffe in opinions.

Colick. Digestion slow & ill.

Temperous and fearefull.

Anger long treating.

Pulse litle.

Seldome laughing.

Urine watery and thinne.

BEsidēs the sayd complexion of al the whole
body, there be the particuler members: com-
plexion, wherein if there be any distemperace, it
bringeth sicknes or greefe into the mēber: wher-
fore to know the distēperature, these signes fol-
lowing would be considered. Forseene that it
be remēbred, that some distemperatures be sim-
ple and some be compound. They which be sym-
ple, be in simple qualities, as in heat, cold, moist,
or drye.

They which be compound, are in compound or
mixt qualities, as heat and moysture, heat and
drye: cold and moist, colde and drye.

But now first wil we speake of the simple com-
plexions of euery principal member, beginning
at the brayne.

**The brain ex-
ceedinge in
heate hath.**

**The brain ex-
ceedinge in
colde hath.**

**Moyst in ex-
cessive hath.**

**The heade bylage very red
hoar.**

**The hayre growing fast, blacke
and curled.**

**The veynes in the Eyes appa-
raunt.**

**Superfluous matter in þ nose-
thrilles, eyes, and eares.**

**The heade annoyed with boate
meates, Drynkes, and Sa-
uours.**

Sleepe hoxt and not sounde.

**Much superfluite running out
of the nose, mouth, eares, and
eyen.**

**Hayre straight e fine, growinge
slowly, and flaxen.**

**The head disposed by small oc-
casion to poses and murrres.**

It is soone annoyed wpth cold.

It is colde in touching.

Veynes of the eyen not seene.

Sleepe somewhat.

Hayres playne.

Seldome or neuer balde

Wiete dust.

Much superfluites.

Sleepe much and deepe.

No su

BOKE.

No superfluitie running.

Wittes good and ready.

Watchfull.

Hayres blacke, hard, and fast
growing.

Bald shortly.

The brayne

drye hath

Complexions compounded

The heade aking and heavy.

Ful of superfluities in the nose.

The Southerne wynd gree-
uous.

The Northerne wynde hole-
some.

Sleepe deepe, but vnquiet, with
often wakeninges and strange
dreames.

The senses and witte vnper-
fecte

Braine hot &

moist distempe-

red hath

None abundance of superflui-
ty which may be expelled.

Sences perfect.

Much watch.

Sooner bald then other.

Much hayre in childhood,
and black or browne and
curled.

The head hot and ruddy.

Brayne hot &

drye distempe-

red hath

THE FIRST

Brain cold
and moist
distempe-
red hath

The sense and witte dull.

Much sleape.

The head some replenished with su-
perfluous moisture.

Distillations and posies, of
murrres.

Not shortly bald.

Soone hurt with cold.

Brain cold
& distepe-
red hath.

The head cold in feeling & without
coloure,

The baynes not appearing.

Soone hurt with cold.

Often disgraced.

Witte perfect in childhode,
but in age dull.

Aged shortly & balde.

Of the hart.

The heart
hot dis-
tempered
hath

Much blowing and puffing.

Pulse swift and busy.

Hardnes and manhoode,

Much promptnes, activity, & quick-
nesse in doing of thinges.

Fury and boldnes.

The breast hard toward the left

The breast broad w^{ch} hed little.

The body hoate, except the liver
let it.

The pulse very litle.

The breath litle and slowe.

The breast narrowe.

The body all cold, except the li-
uer do inflame it.

Feartulnesse.

Scrupalosity & much care.

Curtosity.

Slownesse in actes.

The breast cleane without
hazes.

The pulse soft.

Soone angry, & soone paci-
fied.

The body al moist, except the
liuer disposeth contrarie.

The pulse hard.

Not lightly angry, but being
angry, not soone pacified.

The body dry, except the li-
uer doth dispose contrarie.

The breast and stomake hazey,

Impromptnes in actes.

Soone angry.

Fiercenes, but not so much as
in hot and dry.

Pulse soft, switt and buse.

Breath or wynd according,

tho'te falleth into diseases cau-
sed of puruaction.

The hart pulse great and
swift.

The breath of wind accord-
ing.

The breast and stomack all
The hart hot and drye.

Ruthe in his doinges.

Boldnesse and hardnesse.

Swift and hasty in moving.

Soone stirred to anger and ty-
rannous in maners.

The breast broad, and all the
bodie hot and drye.

The pulse soft.

Fearfull and timorous.

Slow.

The hart cold
and moyst.

The breast cleane without
hayre.

Not hastily angry, nor retaining
anger.

The breast narrow.

All the body colde and moyst.

The pulse hard and little.

The wind moderate.

Seldome angry, but when it
happeneith it dureth long.

The hart cold
and dry hath.

The breast cleane without hayre
and hille.

All the body colde and drye.

BOOK.

Of the Liuer.

The liuer in heate
distempered hath

The veines great.
The blood more hot then
temperate.
The belly hard.
All the body hot ex-
ceeding temperate.

The liuer cold dis-
tempered hath

The veines small
Abundance of fleame.
The blood cold.
All the body cold in feel-
ling.
The body without hard

The liuer moyste
distempered hath,

The veines soft.
Much blood and thinn
All the body moyst in feel-
ling, except the heart dis-
poseth it contrary.

The liuer drye dis-
tempered hath

The veines hard
The blood little and
thicke.
All the body dry.

The complexions compound may be discerned
by the sayd simple qualities. And here is to be
noted, that the heate of the heart may vanquish
the cold of the liuer. For heate is in the heart, as
in the fountayne or spring: and in the liuer, as
in the riuer.

THE FIRST

Of the stomacke.

The stomacke digesteeth well, specially hard meates, and that will not bee shortly altered

The stomacke light meates & soone altered, be therein corrupted.

The stomacke hoate distempered. The apetyte litle and slowe.

The stomacke hoate distempered. Hee delyteth in meates and drynkes which be hoate: for euerye naturall complexion delyteth in hys semblable.

The stomacke colde distempered. He hath good apetyte.

The stomacke colde distempered. He digesteeth ill and slowly, specially grosse meates and harde. Cold meates do waxe slowe, being in hym vndigested.

The stomacke colde distempered. Hee delyteth in meates and drynkes, which be colde, and yet in them he is indamaged.

The stomacke moyst, distempered. Hee thirsteth but seldom, yet he desyeth to drynke, with superfluous drinke he is hurt.

The stomacke moyst, distempered. He delireth in moist meates.

He is soone thyrsty.
 The stomack dry } Content with a litle drinke.
 distempered. } Diseased with much drinke
 He deliteth in dry meates.

It is to be noted, that the dispositions of the
 stomack naturall, do desire that which is of like
 qualities. The dispositions unnaturall, do de-
 sire thinges of contrary qualities.

Also not the stomacke onely causeth a man to
 thyrst, or not thyrst, but also the liver, the lunges
 and the heart.

Of the genitories or stones of generation.

Great appetite to the acte of
 generation.
 The genitories }
 hoate distempe- } Ingebzing men childzen,
 red. } have bene grown about
 the members.

Small appetite to the act
 of generation.
 The genitories }
 colde distempe- } Ingebzing women childzen
 red. } Slow growth of hayre a-
 bout the members.

The genitories } Seede abundant, but thynne
 most distepred: } and werry.

The genitories } Seede lile but metely thicke
 drye distepred } in substance.

Alse

THE FIRST

Genitories hot
and moyst.

Lesse appetite to lechery than
in the which be hot and drye.
More puissance to do it, and
withoute lesse damage.
Hurt by abstayning from it.
Lesse hatrinesse thā in hot & drye

The genitories
hot and drye.

The seede thicke.
Much fruitfulness of genera-
tion.
Great appetyte and readines
to the act.
Haye about the members
sone grown.
Swiftnes in speding of the
act.
Sone therwith satisfied.
Damage by vsing therof.

The genitories
cold and moist.

The seede watery and thynne.
Little desyre to the act, but
more puissance then in them
which be cold and drye.
Little haye or none about the
members.

The genito-
ries cold and
drye.

Hayes none or few.
Little apettyte or none to lechery
Little puissance to do it.
Ingendring more females
than men childzen.
That little seede is thicker thā
in cold and moist.

BOKE.

Of humours.

In the body of man be 4. principall humours, which continuing in the proportion, that nature hath limited, the body is free from all sickness. Contrariwise by the increase or diminution of any of them in quantity or quality, other or vnder their naturall assignment, vnequall temperature cometh into the bodye, which sickness followeth more or lesse according to the lapse or decay of the temperatures of the sayd humours, which be these following.

Bloude, Fleame, Choler, Melancholy.

Bloud hath preheminance over all other humours in sustaining of al living creatures, for it hath more conformity with the original cause of living, by reason of temperatenes in heate and moisture, also nourisheth more the body and re-
doth that which is decayed, being the verie treasure of life, by losse whereof death immediately followeth. The distemperature of bloud happeneth by one of the other three humours, by the inordinate of superfluous mixture of the.

Of fleume.

Fleume is of two { Naturall and vn-
sortes. } naturall.

Naturall fleume is humour cold and moyste white and sweete, or without salt, ingendred by insufficient decoction in the second digestion of the watry or rawe parties of the matter decocted,
called

called chylus, by the last digestion made apte to be converted into bloud. In this humoure, water hath dominion most principall.

Fleume unnaturall is that which is mixte with other humours, or is altered in his quality and therof is sundry kindes.

Watry, which is founde in spetle of greate drinkers, of them which digest it

Slimy or rawe.

Glaspe like to white glasse, thick

Viscous like byrde lime and heape.

Plastrum which is verie grosse, and as it were chalk, such is founde in the toynies of them, which have the gout.

Fleume

Salt which is myngled with cholier
Sower mixt with melancholy, which cometh of corrupted digestion.

Harsh, thicke and grosse, which is seldome found, which tasteth like greene crabbes or does.

Stipdick or binding, is not so grosse nor cold, as harsh, and hath the tast lyke to greene red wyne, or other like.

Draegning the tongue.

Cholier doth participate with naturall heate as long as it is in good temperance And therof is also two kindes. Naturall, and unnaturall

Cholier

Choler
naturall

Naturall choller is the some of bloud
the coloure wherof is red & cleere, or
more like to an Orange colour & it is
hot & drye, wherein the fire hath dominati-
on: and is light and sharpe and is en-
gendred of the most subtil part of mat-
ter decoct or boyed in the stomacke,
whose beginning is in the liuer.

Unnaturall choller is that which is mixte or
corrupted with other humours, whereof be. 4.
kynndes.

Firste or yellow choller, which is of the mix-
ture of naturall choller, and watry fleume, and
therfore hath lesse heate then other choller.

Welkhe lyke the yelkes of egges. which is of
mixture of fleume congealed, and choller naturall
and is yet lesse hoate then the other

Greene lyke unto leekes, whose begrnning is
rather of the stomacke then of the liuer.

Greene lyke to greene canker of metall, and
burneth like venim and is of exceding adustion
of choller or fleume, and by these two kynndes na-
ture is mortified.

Melancholy or blacke choller is deuyded
into two kynndes.

Natural which is the dregges of pure bloude,
and is known by the blacknes when it issueth ei-
ther downward or byward, and is verily colde
or drye,

Unnaturall which procedeth of the adustion of
cholericke mixture, and is hoater and lyghter,
having

THE FIRST

Having first violence to all, with a dangerous
disposition.

Of the Members.

There be diuersities of members.
that is to say.

The Braine, The hart,
The liuer. The Bones of genera-
tion.

Official members. { Synewes which do serue to the
braine.
Arteries or pulles, which do serue
to the hart.
Veynes which do serue to the liuer,
Vessels spermaticks, wherein mans
seede lieth, which do serue to the
Bones.

Partes called Simulares,
for being deuised they re-
maine in them selfe like
as they were.

Bones.

Gristle

Calles betwixt the ve-
termost skin & y^e fleshe
Muscles or fillets.
Fatte fleshy.

Members instru-
mentall.

The Romache.

The raynes.

The bowels.

All the great synews.

These of their vertue do appetit meate & alter it.

Of powvers.

{ Animall.
Spirituell.
Naturall

Naturall { Which do minister
powver. { To whom is ministred.

which doth { Appetyteth
minister. { Retayneth.
Digesteth.
Expelleth.

To vvhom is { Ingendzeth
ministred. { Nourisheth,
Feedeth.

Powver { Working, which dilateth the heart
Spirituell. { and arteries and estsoones they
all. { neth them.
Wrought, which is stirred by an ex-
terior cause to worke, whereof com-
meth anger, indignation, subtiltye, &
care.

Powver ani- { That which ordaineth decerneth
mall. { and composeth.
That moueth by voluntary mo-
tion.
That which is called sensible,
whereof do procede the v. wittes.

THE FIRST

Of that which } Imagination in the forehead
ordayneth do } Reason in the bryne.
procede. } Remembraunce in þe nodell.

Operatis } Appetite by heate and dryth.
ons. } Digestion by heate and moysture.
} Reteyning by cold and dryth.
} Expulsion by colde and moyst,

Spirite is an ayre substance, subtil, Arising
the powers of the body, to perfourme their o-
perations, which is deuided into

Naturall, which taketh his be-
gynning of the liuer, and by the
veynes which haue no pulse,
spreadeth into the whole body.

Vital which proceedeth from the
heart, & by the arteries or pulses
is sent into the whole body.

Animall, which is ingendred in
the bryne, and is sent by the se-
neces throughout the body,
and maketh sence or feeling.

Annexed to thinges naturall.

Ages be 4.

Ado'escencie, to 25. yeares hoate
moyst, in the which tyme the
body groweth.

Iuuentute vnto 31. yeares hoate,
dry, wherin the body is in perfe
growth.

Senectute, vnto. 45. yeares, cold
drye, wherin the body begetteth
decrease.

Age decrepitate until the next tyme
of life, accidentally most, but na-
turally cold and dry, wherein the
powers and strength of the body be
more and more minished.

Coloure.

Of inward
causes.

Of outward
causes.

Coloure of in-
ward causes

Of equality of humours, as he
that is red and whyte.

Of inequality of humours,
wherof do proceed blacke, salow
pale or whyte onely.

Blacke } do betoken
Redde } dominion of
Salow } heate.

Whyte, cold of fleume.

Pale, cold melancholy

Redde, abundance of bloud.

Salow, chollic citrine

Black, melancoly or chollic adust.

Colour of out-
ward causes.

Of cold or heate as Englishe.
men be whyte, Moxiens be
blacke.

Of thinges accidentall, as of
feare, of anger, of sorrow, or
other like motions.

THE FIRST

Coloure
of hayre

Blacke eyther of a boundance of
choller inflamed, or of much in-
cending or adustion of bloud.

Redd hayre of much heat, not adust.
Gray hayres of abundance of me-
lancholy.

Whyre hayres of the lacke of na-
turall heate, and by occasion of
fleume putrified.

At the residue concerning thinges naturall co-
tained in the Introduction of Ioannitus, and
in the little crafte of Galene, I purposely passe
ouer for this time, for as much as it doth re-
quire a reader hauing some knowledge in philo-
sophy naturall, or els, it is hard and tedious to
be vnderstoode. Moreover this, which I haue
written in this first table, shalbe sufficient to the
conseruatio of health, I meane with that which
now followeth in the other tables.

The second table.

Thingcs not naturall bee so called, because
they be no portiō of a naturall body, as they
be, which be called naturall thingcs, but yet by
the temperance of the, the body beyng in health,
so consisteth: by the distemperance of theym, sickne-
sses is induced, and the body dissolued.

The first of thingcs not natural, is ayre, which
is property of it selfe or of some materiall cause
or occasion good or ill.

That which is of it self good, hath pure vapors
and

and is odoriferous.

Also it is of it selfe, swift in alteration from heat to cold, wherein the bodie is not much prouoked to sweate for heate, ne to chille for behemens eye of colde.

Ayre among all things not naturall is chiefly to be obserued, for as much as it both inclose vs, and also enter into our bodies, specially the most noble member: which is the hart, & wee can not be seperated one howe from it, for the necessity of breathing and fetching of wynde.

The causes wherby the ayre is corrupted
be specially thre.

Influence of sondry starres.

Great standing waters neuer refreshed.

Carrayne lyinge longe above ground.

Much people in small roume lyinge vncleanely and stutishly.

VVynd bringing
holefom ayre.

{ North which prolongeth
lyfe, by expulsiōe ill vapours
East is temperat & lusty.

VVind bringing
all ayre.

{ South corrupteth and maketh ill vapours.
West is very mutable,
which nature doth hate.

THE FIRST

Meate and drinke.

In meate and drinke we must consider
sexe thynges.

Substance

Custom.

Quantity,

Time.

Qualitie

Order.

Substance, some is good, which maketh
good iuyce and good bloud, some is ill and inge-
neth ill iuyce and ill bloud.

Meates and drinckes making good iuyce.]

Bread of pure flower, of good wheate some-
what leuened, wel baked, not to old, nor to stale.

Egges of Fesantes, hennes, partriches, newe
layed, porched, meane betweene rare and harde.

Wylike new milked dronke fastinge, wherein
is suger or the leaues of Myntes.

Fesauts.

Partriches or chickens.

Capons or hennes.

Wydes of the fields.

Fish of Rony riuers.

Meale sucking.

Dozke ponge

Biese not passyng thre yeares:

Pigeons

Menison of red bere.

Pease ponge with myntes.

Feete of swyne or calues.

Figges rype,

Bourage.

Rapsons

Languedebiese.

Herfely, Myntes.

Ryce with almonde milke.

Lettice. Cycoze.

Grapes.

Wines good moderately take, well fined

Ale and biere fixe dayes old, cleane

brewed and not strong.

Mirth and gladnes

The liuer and brynes of hennes and
chickens, and yong geese.

Meates & drinckes making ill iuyce.

Olde Biefe.

Olde mutton.

Geese old.

Swanne olde.

Duckes of the kanell

Inwardes of beastes.

Blacke puddinges

The heart, liuer, & kidneis of al beastes

The brynes & mary of the back bone.

Wood culuers.

Shelfish, except creuise de eau dulce.

Cheese hard.

Apples and peares much bled

Figges and grapes not rype.

All raw herbes except lettice, bozage

THE FIRST

and Cicory.

Onions,
Garlike,
Leekes.

} Immoderately vsed, spect-
} ally chollericke in stomac-
} kes.

Wyne musty or sowre.

Fearre, sorrow, and penituenes.

Meates ingédryng choller.

Garlike,

Onions.

Rokat.

Kerls.

Leekes.

Mustard.

Pepper.

Hony.

Wyne much drunken.

Sweete meates.

• Meates ingendryng fleume

All stymy and cleauing meates,

Cheese new.

All fische, specially in a fleumatike stomacke.

Inwardes of beastes.

Lambes fleshy.

She new partes of fleshy.

Skyrnes.

Wapnes.

Lunges.

Rapes.

Cucumbers.

Repletion,

Lack of exercise,

Meates ingendring Melancholy.

Biese.

Goats flesh.

Hares flesh

Boares flesh

Salt flesh

Salt fish.

Colewortes.

All pulse except white pease.

Browne bread course.

Thicke wyne.

Blacke wyne

Olde cheese

Olde fleshe,

Great fishes of the sea.

Meates making thicke iules.

Rye bread musty, with much of drossy.

Bread without leauen.

Cake breade.

Sea fish great.

Shel fish,

Biese the kidneys.

The liuer of a swyne.

The stones of beastes

Milke much sodde

Rapes.

All round rootes.

Cucumbers.

Sweete wyne.

Depe red wyne.

Garlike

Mustard.

THE FIRST

Oziganum.

Pylope,

Basyl

Fenel

Cheese.

Egges fryed or hard.

Chesten nuts.

Manewes

Figges greene,

Aples not ripe

Pepper.

Rokat.

Leeches.

Onions.

much bled.

Meates vvhich do hurt the teeth.

Uery hoate meates.

Muttes.

Sweete meates and drynkes

Radish rootes

Hard meates

Mylke.

Bitter meates

Much vomit

Leeches

Fesh fatte

Limmons

Colewortes

Things hurtfull to the eyes

Drunkennesse

Leeches

Lecherie.

Mulle.

All poulse

Sweet wyne and thicke wyne.

Hempseede.

Very salt meates.

Garlike

Onions

Colewortes.

Radishe

Eating after supper immediately

Making greete opilations.

Thicke milke.

All swete thinges

Rye breade.

Sweet wyne

Meates inflating or vvyndy.

Beanes

Lupines.

Cicer.

Mulle.

Cucumbers.

All iuice of herbes.

Figges dze.

Rapes

Maues raw

Mylke.

Hony not wel clarified.

Mulle.

Thus

THE FIRST

Things good for
the heade.

Cubebes.
Galingale.
Lignum aloes.
Maiozam.
Baulme mintes.
Gladden.
Nutmegges
Muske
Rosemary
Roses
Pyony
Hysope.
Syrke
Camomill
Mellilote.
Rew.
Frankinsence.

Things good for
the harte.

Cynamome.
Saffron.
Corall.
Cloues.
Lignum aloes
Perles
Maces.
Baulme mintes.
Myrabolanes
Muske
Nutmegges.

Rosemary.
The bone of S. Harte
of a red deere

Maiozam
Bugloile
Bourage.
Setwal.
Things good for the
Liver

Wormewood
Wythwynde
Agremony
Saffron.
Cloues
Endyue.
Liverwort, Cereze.
Plantayne
Dragons.
Baillons greate.
Saunders
Fenel
Violettes.
Rosewater
Lettice.

Things good for
the lunges.

Ellicampane
Hysope.
Scalrose.
Licorise
Baysons
Maydenhayze

B O O K E.

Bentsdres,
 Almondes,
 Dates
 Distaces
 Things good for the
 eyes.
 Eyebryght.
 Fenel
 Merwayne.
 Roses.
 Celendine.
 Agrimony
 Cloues
 Cold water.
 Things good for the
 stomacke.
 Myrabolanes,
 Nutmegges

Oganum
 Distaces
 Quinces.
 Olibanum
 Wormewood.
 Saffron
 Corall
 Agrimony.
 Fumatory.
 Galingale
 Cloues
 Lignum aloes,
 Mastix
 Mynt.
 Spodium
 The innermost skinne
 of a hennes gyfar.
 Costander prepared.

THE SECOND BOOKE of quantity. Cap. 1.

THE quantity of meate must be por-
 tioned after the substance & qualite
 therof, & according to the complexio
 of him that eateth.

First it ought to be remembred, that meates hoat
 and moyst which are qualities of the bloud, are
 soone tourned into bloud, & therefore much nou-
 risheth the body. Some meates do nourishe but
 little

THE SECOND

little, hauinge liell conformity with blouddes
theire qualities. Of them which do nourish
Some are more grosse, some lighter in digestion
The grosse meate ingendzeth grosse bloud, but
where it is well concoct in the stomacke and well
digested, it maketh the flesh more firme, and the
officall members more strong then fyne meates
Wherfore of men which vse much labour or ex
ercise, also of them which haue very cholerick
stomackes here in England, grosse meates may
be eaten in a great quantity: and in a cholerick
stomacke beefe is better digested then a chicken
leg. for as much as in a hot stomacke fyne me
ates be shortly adust and corrupted. Contrarywise
in a cold or fleumaticke stomacke grosse meate
lydeth long vndigested, and maketh putrified
matter: light meates therfore to such a stomacke
be more apt and conuenient.

The temperate body is best nourished with a
fel quantity of grosse meates, but of temperate
meates in substance and quality they may safely
eat a good quantity Forseen alwaye that they eate
out gourmandise, or leaue some appetite, & he
it wold be remembred, that the cholerick stomacke
doth not desyre so much as he may digest, & the
melancholy stomacke may not digest so much as
desyareth, for cold maketh appetite, but nature
heate concocteth or boyleth. Notwithstanding
natural or supernaturall heate destroyeth app
etite and corrupteth digestion, as it appeareth
feuers. Moreover frutes and herbes, special
lawe wold be eat in a small quantity, althow

the person be very cholericke, soasmuch as they do ingender thin watry bloud: apt to receiue putrefaction, which although it be not shortly perceived of him that vseth it, at length they feele it by sondry diseases which are long in coming, and shortly cleeth, or be hardly escaped. Finally excesse of meates is to be abhorred. For as it is sayd in the booke called Ecclesiasticus. In much meat shalbe sickness, and inordinate appetiteshall approach vnto choler. Semblable the quantity of drinke would be moderated, & it excede not, nor be equall vnto the quantity of meate, specially wyne which moderately taken, aydeith nature, & comforteth hit, & as the sayd authoz of Ecclesiasticus sayth. Wyne is a reioycing to the soule & bodye. And Theognes sayth, in Galenes worke: A large draughte of wyne is ill, a moderate draught is not euill, but commodious and profitable.

Of quality of meates. chap 2.

Quality is the complexib, that is to say, it is the state therof, as hoat cold, moist or drye. And some meates be in wynter cold in acte, & in vertue hoate.

And it would be considered, & every complexion temperate and vntemperate, is conserued in his state, by that which is like therto in fourme and degree. But that which exceedeth much in distemperance, must bee reduced to hys temperance, by that which is contrary to hym in fourme or quality, but like in degree moderately vsed. By fourme is vnderstoode grossenes, fineness

THE FIRST

nesse, thicknes, or thinner, by degrees, as the first, the seconde, the third, & fourth in heate cold, moisture, or dryth.

Of custome.

Custome in feeding is not to bee contemned, or little regarded: for those meates, to the which a man hath bene of long time accustomed, though they be not of substance commendable, yet do they sometime lesse harme then better meates, whereunto a man is not vsed: Also the meates & drinckes, which do much delpte hym that eateth, are to be preferred before & which is better, but more vsauery. But if the custome be so pernicious, that it needes must be left, then would it be withdrawn by little and little in tyme of health, & not of sickenes. For if it should bee withdrawn in tyme of sicknesse, nature should susteine treble detriment, first by the greefe induced by sickenes, secondly by receiuing of medicines, thirdly, by forbearng the thing wherein she delitteth.

Of the temperature of meates to be receiued. Cap 4.

To kepe the body in good temper, to the whose naturall complexiō is moist, ought to be geuen meates & be moist in vertue, or powre, Contrariwise to them, whose naturall complexion is dry, ought to be geuen meates drye in vertue, or powre. To bodies vntemperat, such meates

uen, which be in power contrary to the dissemperance, but the degrees are alway to be considered as wel of the temperance of the body, as of the meates: For where the meates do much excede in degree the temperature of the body, they annoy the body in causing dissemperance. As hoat wyne, pepper, garlike, onions, and salte, be noyful to them which bee cholericke because they be in the hyghest degree of heate and dryth aboue the iust temperance of mans body in that complection. And yet be they oftentimes hollesome them which be fleumatticke, Contrariwise cold water, cold herbes, and cold frutes, moderately vsed, be hollesome to chollerick bodyes, by putting away the heate, exceding the naturall temperature, and to them which be fleumatticke they be unhollsome, and do byring into them dissemperance of cold and moyst

V What dissemperance happeneth by the
excesse of sundry qualities in meates
and drinckes. Cap. 5.

Cold, do congele and moxify.

Moist do putrify and hasten age.

Drye, sucketh vp naturall moysture.

Clamp stoppeth the issue of vapors & v-

ryne, & ingedgeth tough fleum & gravel

Fat and oyle swymmeth longe in the

Stomacke and byngeth in lothsomnes.

Bitter, doth not nourish.

Salt, do fret much the Stomack.

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Harrish lyke the tast of wynde frutes
do constipate and restrayne.

Sweete chaleteth the bloud, & causeth
pilations oz stoppings of the poores
and conduites of the body.

Sower coleteth nature, & hasteneth age.

*What commodity happeneth by the
moderate vse of the sayd quality of
meates and drinckes.*

Cap. 6.

Cold allwageth the burning of choller.

Moist, humecteth that which is dryed.

Drye cōsumeth superfluous moisture.

Clammy thicketh that which is subtil
and pearcing

Biter clenseth & wrpeth of, also molli-
fyeth and expelleth fleume.

Meates. Salt, relengeth fleume clammy, and
dryeth it,

Fat and vinctuous nourisheth and ma-
keth soluble.

Striptike oz rough on the tōgue bindeth
and comforteth appetyte.

Sweete doth clēse, dissolue, and nourish.

Of fruites.chap. 7.

For as much as before that tillage of corne was inuented, and that deuouring of fleshe and fysh was of mankynde bled, men vndoubtedly liued by fruites, and nature was therewith contented and satisfied, but by change of the diet of our progenitors, there is caused to be in our bodies such alteration, from the nature, which was in man at the beginning that now all fruites generally are noysful to man, and do ingender all humours, and be oft times the cause of putrified feuers, if they be much & continually eaten. Notwithstanding vnto them, which haue aboundance of choller, they be sometime conuenient to repelle the flame which proceedeth of choller. And some fruites which be styptike or byndyng in tast, eaten before meales, do bynd the bellye, but eaten after meales, they be rather laxatiue. Now shal it bee expedient to write of some fruites particularly, declaring their noysful qualities in appearing of nature, and how they may be vsed with least Detriment.

Of Gourdes.

Gourdes shal be vnpleasaunt in eatyng, yll for the stomacke, and almost neuer digested, therfore hee that will nedes eat them, must boile them, rost them or fry them, euery way they bee without sauour or tast, and of their propre nature they geue to the body cold and moyst nourishmēt, and that very litle, but by reason of the supper,

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ness of theyr substance: and because all meates which be moyst of their nature, be not bynding, they lightly passe forth by the belly. And beinge wel ordered, they will be meetly concoct, if corruption in the stomacke do not prevent them: they be cold and moyst in the second degre.

Of Melons and Pepons.

MELONS and Pepons be almost of one kind but that the Melon is round lyke an aple and the innermost part therof, where the seedes are coneyned, is vsed to be eaten. The Pepon is much greater, and somewhat long, and the inner part therof is not to be eaten. They both are very cold and moyst, and do make il suite in the body, if they bee not well digested, but the Pepon much more then the Melon, they do least hurt, if they be eatē afoze meales. Albeit if they do send in y^e stomack sleum, they be turned, into sleume if they find choller, they be turned in to choller. Notwithstanding, ther is in them the vertue to cleanse and to prouoke bryne: they be cold and moyst in the second degre.

Cucumbers.

Galen de **C**ucumbers do not excede so much in moisture as Melons, & therfore they bee not so soone corrupted in the stomacke. But in some stomaches, beyng moderately vsed, they do digest well, but if they bee abundantly eaten, or
much

eaten or much bled, they ingender a cold & thick humours in the beyues, which neuer or seldome is tourned into good bloud, and sometime bringeth in fevers. Also they abate carnal lust. The seedes as wel therof, as of Melons & Gourdes being dyed and made cleane from the huskes, are very medicinable agaynst sicknesses proceeding of heat, also the difficultie or lette in pissing: they be colde and moist in the second degree.

Dates.

Be hard to digest, therfore being much eaten and not well digested, they annoy the heade, and cause gnawing in the stomack, and maketh grosse tuice, and sometime cause obstructions, or stoppiages in the liuer and spleene.

And where there is inflammation or hardness in the body they are unholosome, but being well digested and temperatly used, they nourishe and make the flesh firme. and also bendeth the belly. olde dates be hoat and drye in the first degree. new gathered are hoat & moist in the first degree.

Of Figges.

Figges eaten do shortly passe out of the stomack, and are soone distributed into all the partes of the bodye, and haue the power to cleanse specially grauell, being in the raynes of the back; but they make no substantiall nourishment, but rather somewhat loose and wyndy, but by their quicke passage, the wynde is soone dissolued. Therfore if they be ripe, they do least

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harne of any frutes, or almost none. Dye figges and old, are moze hoat and mozt than newe gathered, but beyng much eaten they make yll blond and iurce and as some do suppose, they are gender Licc: and also annoyeth the liuer and the spleene, if they bee inflamed: but hauinge the power to attenuate or make humours currante, they make the body soluble and do cleanse the raynes. Also beyng eaten afore dinner with ginger or pepper, or powder of Time, or Pengerotat: they profite much to them which have oppillations or harde congealed matter in the inner partes of the body, or haue distillations or retumes falling into the bzeast and stomacke Few figges are hoat and moist, olde figges are hoat in the first degree, and dye in the second.

Of Grapes, and Raysons.

Grapes do not nourish so much as figges, but beyng ripe, they make not much ill iuice in the body: albeit newly gathered they trouble the belly, & filleth the stomacke with winde, therefore if they bee haged vp a while, ere they be eat: they are the lesse noysful. Sweete grapes, are hottish, and do lose somewhat, and make a man thirsty. Sowze grapes are colde, and doe also loose, but they are harde of digestion, and yet they doe not nourishe, They which are in taste bitter or hartyshe, bee lyke to them that are sowze. Raysons doe make the stomacke firme and stronge, and do prouoke appetite, and do comfort weak bodie

being eaten afore meales, they bee hot in the first degree, and moyst in the second.

Of Cherries.

Cherries if they bee sweete, they do soone slip downe into the stomacke, but if they be sowze or sharp, they be more holosome, & doe looke: if they bee eaten fresh and newly gathered, they be cold and moyst in the first degree.

Of Peaches.

Peaches doe little harme and do make better tapce in the Bodie, for they are not so soone corrupted being eaten: of the iuice of them may be made a syrope very holosome agaynst the distemperance of choller, whereof procedeth a stinking breath, they be cold in the first degree, and moyst in the second.

[Of Apples.

All apples eaten soone after & they be gathered, are cold, hard to digest and do make ill and corrupted bloud, but being well kept vntil & next winter, or the yeare following, eat after meales, they are right holosome, & doe confirme the stomacke, & make good digestion, specially if they be rosted or baken, most properly in a cholericke stomacke: they are best preserved in hony, so & one touche not an other. The rough tasted apples are holosome, where the stomacke is weake by distemperance of heate or much moysture. The bitter apples, where the griefe is increased. The sowze
apples

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Apples, where the matter is congealed or made
thicke with heate: in distemperature of heate
byth by drynking much wyne, they have bene
found commodious beyng eaten at night going
to bedde without drynking to them, they be
cold and moist in the first degree.

Of Quinces.

Quinces be cold and dry: eaten afoze meales
they bynd and restrayne the stomacke, that
it may not digest well the meat, except that they
be rolled or sodden, the core taken out & mixed
with hony clarified, or sugar, then they cause
good appetyte, and preserueth the heade from
drunkennes, taken after meate, it closeth and
draweth the stomacke together, and helpeth it
to digest, and mollifyeth the belly, if it be abou-
dantly taken, they be cold in the first degree, and
dry in the beginning of the second.

Of Pomegranars.

Pomegranate be of good iuice, & profitable
to the stomack, specially they which are sweete:
but in a hoat feuer, they that are sowre be moze
expedient and hollesome for than the sweete both
incende heate, and pusse by the stomacke.

Of Peares.

Peares

Pears are much of the nature of aples, but they are heavier: but taken after meates roasted or baken, they are not vnhollesome, and doe restrayne and knyt the stomacke being ripe: they be colde and moyste in the first degree.

Medlars.

Medlars are cold and dry, and constrictiue or straying the stomacke, and therefore they may be eaten after meales, as a Medicyne, but not vsed as meate, for they ingender melancholy: they be colde and drye in the seconde degree.

V Valnottes.

Valnottes, if they be blaunched, are supposed to be good for the stomacke, and some what loosning the belly mixt with Sugar, they do nouryshe temperately. Of two dry nuts as many figges, and .xx. leaues of Rew, with a grayn of salt, is made a medicine whereof if one do eate fasting, nothing which is venemous may that daye hurt hym, & it also preserueth against the pestilence, and this is the very right Witthredate, they be hot and dry in the second degree, after some opinions hot in the third degree, dry in the second.

Filberd and hasyl nuttes.

They be more stronge in substance, the wal-
nuttes

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nuttes, whether they are not so easely or soone digested. Also they do inflate the stomacke, and cause headach, but they engender fatte. And if they be rosted, they be good to restrayne reumes. Also eaten with pepper, they are good agaynst tormentes of the belly, and the stopping of vyne. They be hote and drye in the fyrst degree.

Of Almonds.

They do extenuat and clense without any binding, whether they poure & bryll & lunge, specially bitter Almondes, also they do mollify the belly, prouoke sleepe, and causeth to pisse well. 5. or 6 of them eaten afore meate kepe a man from being dronke: they be hoot and moyll in the first degree.

Of Chestnuts.

They being rosted vnder the embers, or hoot ashes. do nourish the body strongly, and eaten with hony fasting. do help a man of the cough.

Of prunes.

Of the gardenie & ripe, do dispose a man to & scoole, but they do bryll no maner of nourishment. To this fruite lyke as to figges this property remaineth, that being dyed they do profit: & Damaske prune rather bindeth then looseth, and

is moze commodious vnto the stomacke, they be cold and moyſt in the third degree.

Olyues.

Condite in salt licour, taken at the beginning of a meale doth corroborate y^e stomacke, stirreth appetyte and loseth the belly beyng eaten wth p^{er}ineger. They which be ripe are tēperatly hoat, they which be greene are cold and drye.

Of Capers.

They nourish nothing after that they be salted: but yet they make the belly loose, a purgeth flume, which is therein contayned. Also stirreth appetyte to meate and openeth the obstructions, or stopping of the liuer and spleene, beyng eaten with oximel, befoze any other meate, they be hoat and drye in the second degree.

Orcenges.

The rindes taken in a litle quantity, do comfort the stomack wherin it digesteth, specially condite with suger, and taken fasting in small quantity. The iuice of Orcenges hauing a toſt of bread put into it, with a litle powder of myntee, suger, and a litle cinamome maketh a very good sause to prouoke appetyte. The iuice eaten with suger in a hote feuer, is not to be discommended. The rynde is hoate in the fyrſt degree, and drye in the second, the iuice of them is cold in y^e second degree, and drye in the fyrſt.

Herbes

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Herbes vsed in pottage, or to eate: Chapit. 8.

Generally al herbes rawe, and not sodden, do engender cold & watery tuice. if they be eaten customably or in aboundance, albeit some herbes are moze comestible, & lesse harme vnto nature, moderately vsed, maketh meetly good bloud.

Lettice

Among al herbes none hath so good tuice as lettice, for some men do suppose that it maketh aboundance of bloud, albeit not very pure or persit: it doth set a hoat appetite: and eaten in the euentinge it prouoketh sleepe: albeit, it neither doth loose, nor bynd the belly of his owne property. It increaseth milke in a womans breast, but it abateth carnal appetite, and much vsing therof hurteth the eyesight. It is cold & mozt temperatly.

Coleworres and Cabages.

Before that auarice caused Marchauntes to fetch out of the East and South partes of the world, the traffike of spice, and sondrye drugges to content the busaciableness of wanton appetites, Colewortes for the vertues supposed to be in them were of such estimation, that they were iudged to be a sufficient medicine agaynst all diseases, as it may appeare in the booke of wyle C A T O wherin he wyrteth of
hus.

husbandry. But now I will no more remember, than shall be required, in that which shall be used as meate, and not pure Medicine. The iuyce thereof hath vertue to pouрге: The whole leaues being halfe sodden, & the water powzed out, and they being put eftsones into hot water, and sodden untill they be tender, so eaten they doe bynde the belly. Some do suppose if they be eaten raw with vineger before meate, it shall preserve the stomacke from surfetting, & the head from drunkenness: all be it much viling of them bulleth the sight, except the eyes be very moist, Finally the iuyce that it maketh in the body, is not so commendable, as that which is ingendred of lettuce. It is hot in the first degree, and dry in the seconde.

Of Cycory or Suckory.

It is lyke in operation to Lettise, and tempereth choller wonderfull, and therefore in all cholerike fevers, the decoction of this herbe, or the water thereof stilled, is right expedient. Semblably the herbe and roote boyled with flesh that is fresh, being eaten, keepeth the stomacke and head in very good temper. I suppose that Sourhistle and Denidellon be of lyke qualities, but not so conuenient to be used of them which are hole, because they are wilde of nature and more bitter, and therefore causeth saliditousnesse or tothsomnesse of the stomacke. It is cold and dry in the second degree.

En

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Endiue and Scariole.

Be much lyke in their operations to Cithor
but they are moze conueniēt to medicine the
to meate. Albeit Scariole called whyte endiue
hauing the toppes of the leaues turned in, an
laged in the carth, at the latter end of ſomer, an
couered, becommeth white and criſpe, lyke to the
great ſalkes of cabage lettice, which are in win
ter taken vp and eatē. And to thē that haue heauy
Stomackes and Dye, they be right hoilſome, be
being to much vſed oz in very great quāttie, they
ingender the humoz which maketh the chollick
they be cold and moyſt in the firſt degree.

Malloves

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alimen 2

Are not cold in operatiō, but rather ſomewhat
warme, and haue in them a ſlippernes.

Wherfoze beynge boyled and moderately eaten
withe oyle and vineger, they make metely good conco
ction in the Stomacke, and cauſeth the ſuperfluous
matter therein eaſely to paſſe, and cleaſeth the belly.
It is hoat and moyſt in the firſt degree.

V Whyte beetes.

Are alſo abſterſiue and looſeth the belly, but
much eaten annoyeth the Stomacke, but they
are right good againſt obſtructions oz ſtoppings
of the liuer, if they be eaten wth vineger oz muſtard
tarde, lyke wyſe it healeth the Splene. It is
cold in the firſt degree, and moyſt in the ſecond.

Purſla

Purflane.

Doth mitigate the greates heate in all the inwards partes of the body, semblably of the head and eyes, also it represseth the rage of Venus, but if it be preserved in salte or bryne, it heateth and pourgeth the stomacke. It is colde in the thyrde degree, and moyst in the second.

Charuayle.

Is very profitable unto the stomacke, but it may not susteyne very much boyling. eaten wth hynegar, it prouoketh appetite, and also bryne. The decoction thereof drunke with wyne, cleanseth the bladder.

Sorrell.

Weryng sodden it loseth the belly. In a tyme of pestilence, if one being fasting, doe chewe some of the leaues, and sucke downe the iuyce. it meruailously preserveth from infections, as a new practisar called Guainerius doth wyte. And I my selfe haue proued it in my houshoulde.

The seedes thereof brayed and drunke with wyne and water, is very hollesome against the collick, & fretting of the guttes: it stoppeth fluxes, & helpeth the stomacke annoyed with repletion. It is colde in the thyrde degree and drye in the second.

Parsley.

Is very conuenient to the stomacke, and conforteth appetite, and maketh the breath sweete the seedes and root causeth bryne to passe well, and breaketh the stone, dissolueth wyndes: the rootes boyled in water, and therof cyamel being made

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made, it dissolueth fleume, and maketh good digestion. It is hoat and dry in the thyrd degree.
Fenell.

Being eaten the seebe or roote maketh abundance of mylke, lyke wyse drunke with rissane or ale. The seebe somewhat restraineth flux, prouoketh to pisse, and mitigateth frettinges of the stomacke and Guttes, specially the decoction of the roote, if the matter, causynge frettinge, be colde, but if it be of a hoat cause, y^e vse thereof is daungerous for inflammation or exulceration of the raynes or bladder. It is hoat in the thyrd degree, and dry in the first.

Galen.
simpli. de
medicame
li. 3 ca. 7.

Anyse seede:

Maketh sweete breath, prouoketh vyne, and dryueth downe thinges cleauynge to the Raynes or bladder, stirreth vp courage, and causeth abundance of Mylke. It is hoat and dry in the thyrd degree.

Beanes.

They make wynde, howe so euer they be ordered: the substance whitch they doe make, is spungy, and not firme, albeit they be absteruynge, or cleansynge the body, they tarpe longe ere they be dygested, & make grosse tynce in the body: but if onions be sodde with them, they be lesse noisful.

Peason.

Are much of the nature of beanes, but they be lesse wyndy, and passeth faster out of the body: they bee also absteruynge, or cleansynge, specially white Peason, and they also cause meetely good

now

nourishinge the huskes taken awaye . And the
broth wherein they be sodden, cleaseth right well
the raynes and bladder .

Rape rootes, and Nauevves. cap. 9.

The iuice made by them is very grosse, & theres-
fore being much eatē, if they be not perfectly cō-
coct in the stomack, they do make crude or raw
iuyce in the veynes. Also if they be not wel boy-
led, they cause wyndes, and annoy the stomacke
and make sometyme frettinges: if they be well
boyled first in cleane water, and that being cast
away, the second tyme with fat fleshe, they nou-
rish much, and do neither loose nor bynd the bel-
ly. But Nauewes do not nourish so much as
Rapes, but they be euen as wyndy.

Turnepes.

Being wel boyled in water, and after with fat
flesh, nourisheth much, augmenteth the seede of
man, prouoketh carnall lust. Eaten rawe they
stir by appetyte to eate, being temperatly vsed,
and be conuentent vnto them which haue putri-
fied matter in their breastes or lunges, causing
them to spit easly, but being much and often ea-
ten, they make raw iuyce & windines.

Parfnepes and Carrets.

They do nourish with better iuice then the or Gal. simp.
ther rootes, specially carrets, which are hoate & medica.
drye, & expelleth wynde. Notwithstanding, lib. 7.
much vsed they ingender ill iuice, but carrettes

THE SECOND

lesse then parsnepes, the one and the other expelleth vyene. Radishe rotes.

Haue the vertue to extenuate or make thine and also to warme. Also they cause to breake wynd, and to pisse: Being eaten afoze meales, they let the meate that it may not discende, but being eaten last, they make good digestion, and looseth the belly, though Galenus wyte contrary. For I among diuers other, by experiēce haue proued it. Notwithstanding they bee vnholosome for them that haue continually the gout or paine in the ioyntes.

Garlike

It doth extenuate and cut grosse humours, and stympe, dissolueth grosse wyndes, and heateth all the body, also openeth the places which are stopped generally wher it is wel digested in the stomacke: it is holosome to dyuers purposes, specially in the body, wherein is grosse matter, or much cold inclosed, if it be sodden untill it looseth his tartnesse, it somewhat nourisheth, & yet looseth his property to extenuate grosse humours, being sodden in mylke it profiteth much agaynst distillations from the heade into the stomacke.

Onions.

Do also extenuate, but the long onyons more than the round, the red more then the whyte: the bye more then they which bee greene: also rawe more then sodden, they stirre appetyte to meate, and put away lothsomnes, and loose the belly, they quickē sight, and being eaten in great abundance with meate, they cause one to sleepe soundly.

BOOKE

foundly.

Leekes.

Be of yll taste, and do make troublous dreames, but they do extenuate and cleace the body and also make it soluble, and prouoketh hygne. Moreover it causeth one to spitte out: easie the fleume which is in the breast.

Sauge.

It heateth, and somewhat byndeth and therewith prouoketh hygne, the decoction of the leaues and braunches being droncke. Also it stoppeth bleeding of woundes, being layd vnto the. Moreover it hath ben proued that womē, which haue bene long tyme without children, & haue dronke ten ounces of the wyce of sauge, with a graine of salt, a quarter of an houre before that they haue compaigned with theire husbandes, haue conceiued at that tyme.

Notato

It is hoat and drye in y third degree, the vllag therof is good agaynst palseis.

Isope

Doth heate & extenuate, when by it digesteth slimy fleume, being prepared with figges, it pourgeth fleume downewarde with honye and water byward boyled in vineger it helpeith the tothache, if the teeth be washed therewith, it is hoat and drye in the thyrde degree.

Bourage.

Comforteth the hart & maketh one mery, eaten raw before meales, or layde in wyne that is droncke. Also it mollifyeth the belly and prepareth to the stoole. It is hoat & moist in the middle of the first degree.

Ca

Drato

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Sauery.

It ourgeth fleum, helpeith digestion, maketh quicke sight, prouoketh byrne, and stirreth carnall appetite. It is hot and drye in the third degree.

Rokat.

Heateith much, and increaseth seede of man, prouoketh courage, helpeith digestion, and some what loseth. It is hot and moist in the second degree.

Time.

Dissolueth winds, breaketh the stone, expelleth byrne, and ceaseth frettinges. it is hot and drye in the third degree

Peniroyall.

Doth extenuat, heate, and decoct, it refourmeth the stomacke oppressed with fleume, it doth comfort the faynt spirite, it expelleth melancholy by siege, and is medicinable against many diseases. It is hot and drye in the third degree.

Touvnecresses.

Paulus discommendeth, saying, that it resisteth concoction, and hurteth the stomacke, and maketh ill iuyce in the body: taken as medicin, helpeth many diseases. It is hot & drye in the degree.

Rosemary.

Hath the vertue to heate, and therefore it dissolueth humours congealed with cold: it helpeth agaynst palseis, falling sicknes, old diseases of the brest, tormentes of fretting, it prouoketh byrne & sweate: it helpeith the cough, taken with pepper and honey, it putteth a way tooth aches, roote being chewed, of the iuyce therof put in

the tooth being burned, the fume therof resisteth
the pestilence: the rynd therof sodden oz burned,
the fume receiued at the mouth, stoppeth the
reume which falleth out of the heade into the
cheekes oz throte, which I my selfe haue pro-
ued: the greene leaues bruised do stop the Hemo-
roides, if they be layd vnto them. That herbe
is hoat and dry in the third degree.

Spices growving out of this realme vsed in
meate and drinke. Cap. 10.

Pepper.

BLacke pepper is hottest, and most dry, white
pepper is next, long pepper is most re-
perat, The generall property of all kyndes of pepper
is to heat the body, but as Galen sayth, it per-
ceth downewarde, & doth not spreade into the
heyres, it helpeth digestion, expulseth vyne, &
it helpeth against the diseases of the breast, pro-
uebing of cold. It is hoat in the first degree, and
dry in the second.

Ginger.

Heateth the stomake, and helpeth digestion,
but it heateth not so soone as pepper: but after-
ward the heate remayneth longer, and causeth
the mouth to be moyst. Being greene oz well
confectioned in syrope, it comforteth much the
stomacke & heade, and quickneth remembrance. if
it be taken in the morning fasting. It is hoat
in the second degree, and dry in the first.

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Saffron.

Somewhat bindeth, heateth and comforteth the stomacke, and the hart specially, and maketh good digestion, being eaten or drunke in a small quantity. It is hot in the second degree, & dry in the first.

Clottes.

Hath vertue to comfort the Sinewes, also to consume and dissolve superfluous humours.

They be hot & dry in the third degree, sodden with milke, it comforteth the debility of nature.

Maces.

Dioscorides commendeth to be drunke agaynst spitting of bloud, and bloudy fluxes, and excessive laxes. Paulus Aegineta addeth to it, that it helpeth the colike. They be hot in the 2. degree and dry in the 3. degree. It is to the Stomacke very commodious, taken in a litle quantity.

Nutmegges.

With their sweete odour comforte and dissolve, and sometime comforteth the power of the sight, and also the braine in cold diseases, and is hot and dry in the second degree.

Of bread. Cap. 11.

Bread of fine flower of wheate, hauinge no leauen, is slowe of digestion, and maketh many humours, but it nourisheth much: if it be leauened, it digesteth sooner.

Bread hauing much branne, Alleth the belly with excrementes, and nourisheth litle or nothing, but shortly descendeth from the stomacke. The meane betwene both, sufficiently leauened

well moulded, and moderately bakē, is the most
holosome to euery age. The greatest Loues doe
nourishe the most faste, for as much as the fyre hath
not exhausted the moisture of them. Hot breade
slowly passeth. Barly bread clenseth the Body,
and doeth not nourishe so much as wheate, and
maketh colde iuyce in the body.

Of fleshe. Cap. 12.

Beefe of England to Englishmen, whych are
in health, bringeth stronge nourishing: but it
maketh grosse bloud, and ingendzeth melancoly:
but beyng of ponge Oxen, not exceeding the age
of foure yeaere, to them which haue cholerick sto-
maches, it is moze conuenient thē chickens, & o-
ther like fine meates.

Svynes fleshe.

Above all kyndes of fleshe in nourishyng the
body, Calen most cōmendeth porke, not beyng
of an olde swyne, and that it be well digested of
him that eateth it. For it maketh best iuyce, it
is most cōuenient for young persons, and them
which haue sustayned much labour, and there-
with are fatigate, and become weake. Young pig-
ges are not commended, before that they be one
moneth olde, for they do bycede much superflu-
ous humours,

Lambe.

Is very moist and fleumattike, wherefore it is
not conuenient for aged men, excepte that it be
very dry roasted, nor yet for them, which haue
in theyr stomaches much fleume.

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Mutton.

Galen de
alimen 2

Galen both not comend it, notwithstanding experience proueth here in this Realme, & if it young, it is a right temperate meate, & maketh good iuyce: and therefore it is vsed more thā any other meate, in al diseases. And yet it is not like good in all places, nor & sheepe which beareth finest wol, is not the sweetest in eating, nor & most tender. But I haue found in some countries mutton, which in whitenes, tendernes & sweetenesse of the flesh, mought be well nigh compared to kyd, and in digestion haue proued as holosome.

Kidde and Veale,

Of Galen is comended next vnto porke, but some men do suppose, that in health and sicknes they be much better than Porke, the iuyce of the both being more pure. And here it is to be noted, that of all beastes, whych be dye of their nature, the yongest be most holosome: of them that are moyst, the eldest are least hurtfull.

Hippo. de
ratione vi
Aus. li. 2.
cap. 19.
Plin. 28.

Hare, Cony.

Maketh grosse bloud, it dyspeth and stoppeth, but yet it prouoketh a mā to piss. Cony maketh better & more pure nourishment, and is sooner digested then hare. It is wel proued, that there is no meate more holosome, or that more cleanly, and temperately nourisheth than rabbits.

Deere red and fallow.

Hippocrates affirmeth that fleshe, of hartes and hindes to bee ill iuyce, harde of digestion and dyspe, but yet it moueth byrne. Of fallow deere, he nor any other olde wyter doth speake

of, as I remember. I suppose, because there be not in all the world, so many as be in England, wher they consume a good part of the best pasture in the realm, & are in nothing profitable, saving that of the skinnnes of them is made better leather than is of Calves, the hunting of the being not so pleasaunt as the hunting of other venery or vermine, the flesh much more unholsome and displeasaunt than of a red deere, in gendryng melancholy, and making many fearefull dreames, and disposeth the body to a fever: if it be much eatē: notwithstanding the fat thereof (as some learned men haue supposed) is better to be digested than the leane.

Of Birdes.

The flesh of all byrdes is much lighter, than the flesh of beastes, in cōparisō most especially of those foules whych trust most to theyr winges, and do breede in high countreyes.

Capons, henees & chickens.

The capon is aboue all other foules praised: for as much as it is easily digested, and maketh little ordure, and much good nourishment. It is cōmodious to the brest and stomacke.

Hennes in winter are almost equall vnto the capon: but they do not make so stronge nourishment. Auicen sayth, if they be rosted in the belly of a kid or Lambe, they will be the better. Chickens in sommer, specially if they be cockrels, are very conuenient for a weake stomack, and nourisheth a litle. The fleshe of a cocke is hard of digestion, but the broth, wherein it is boyled, looseth the belly, and hauing soddē in it colewortis

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Polypodium, or Cartamus, it purgeth all humours, & is medicinable against goutes, topne ache, & fevers, which come by courtes.

Fesaut.

Excedeth all foules in sweetenesse, and hol-somnes, and is equall to a capon in nourishing: but he is somewhat dryer, and is of some mē put in comparison, meane betwene a henne and a partriche.

Partriche.

Of all foules is most soonest digested and hath in him much nutrimente, comforteth the brayne, & maketh seede of generation, and reut-weth lust, whych is abated.

Quayles.

Although they bee of some men commended, yet experience proueth them to increase melancholy, and are of small nourishing.

Larkes.

Be as wel the fleshe as the broth very hol-some: eaten roasted, they do much helpe against the colicke, as Dioscorides sayth.

A Plover.

Is slowe of digestion, nourisheth little, increaseth melancholy,

Backe birdes or ousyls.

Amonge wyldfoule hath the chiefe prayse, for lightnes of digestion, and that they make good nourishment, and little ordure.

Sparrowes.

Be hard to digest, and are very hoat, and streth by Venus, & specially the braines of them

V Voods

VWoodconkes.

Are of a good temperaunce, and meetely light
in digestion.

Pygeons,

Be easily digested, and are very holtsome to
them, which are fleumacke, & pure melancholy.

Goose.

Is hard of digestion, but being yong and fat,
the winges be easy to digest in a whole stomack,
and nourisheth competently.

Ducke,

Is hotter than goose, and hard to digest, and
maketh worse iurce, sauinge the brawnes on the
breast bone, and the necke, is better than the rem-
naunt.

Crane and Bustarde.

Crane is harde of digestion, and maketh ill
iurce, but being hanged by long in the ayre he is
the lesse unholsome. Bustard being fat, and kept
without meate a day or two afore that he be kil-
led, to expulse his ordure, and than drawen, and
hanged as the Crane is, beinge roasted or yaken,
is a good meate, and nourisheth wel, if he be wel
digested.

Hearon, Byttour, Shoucler.

Being yong and fat, be lightlier digested than
the Crane, & Byttour sooner than the Hearon.
And the Shoucler sooner than any of them, but of
those fowles must be eaten with much Ginger or
Pepper, and haue good olde wine drunke after
them, and so shall they be more easily digested,
and the iurce comming of them be the lesse noy-
full.

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The partes and members of byrdes
and beastes .Cap. 13.

The wynges, brawnes, and neck of geese, capons
hannes, fesaunt, partrich, & small birdes beyng
fat, are better then the legges in digestion, & ligh-
ter in nourishing. Of wildfoule & pigeons, beyng
fat, the legges are better then the wynges, the
brawnes, of ducke, teale & wygeon except, which
is better to digest then the residue .

The gysar or stomacke.

Of a goose or hen, being fat with bryanne and
mylke, beyng well sodden or made in poulder,
is good for the stomacke, in making it strong to
digest, and nourisheth competently,

The liuer

Of a Capon, hen, fesaunt, or goose beyng made
fatie with milke mixte with their meate is not
onely easy to digest. but also maketh good iuyce
and nourisheth excellently . But the livers of
beastes be yll to digest, passeth slowly & maketh
grosse bloud, but it is strong in nourishing.

The invard of beastes, as tripes and
chitterlinges.

The flesh of them is more harde to digest: and
therfore although they be wel digested, yet make
they not iuyce naturally sanguine or cleane, but
raw iuyce, and colde, & yt requireth a long time
to be conuerted into bloud.

The lunges or lightes.

Are more easy to digest then the liuer, and
less nourisheth, but the nourishment, that it ma-
keth

maketh, is fleumaticke. Albeit the lunges of a
a fowe, is medicinable for the, which haue sick-
nesse of the lunges.

The Splene or Mylt.

Is of yll iuice, for it is the chamber of melancoly
The hart.

Is of hard flesh, and therfore is not soone dige-
gested. nor passeth shortly, but where he is well
digested, the iuice that it maketh is not so bre-
disprayed.

The Brayne.

Is fleumaticke, of grosse iuice, slow in digesting
nourous to the stomacke, but where it is wel di-
gested, it nourisheth much.

Marow.

Is more delectable than the brayne, it is ill for
the stomack, but wher it is wel digested, it nouri-
sheth much.

The stones and Vdders.

Being well digested, do nourish much, but the
stone are hotter with their moistnes, the vdders
cold and fleumaticke: they both do increase seeds
of generation, but the bloud made of the vdder
is better then that which commeth of the stones,
except it be of calves and lambs. Also the stone
of cocke, maketh commendable nourishment.

The heade.

The flesh therof nourisheth much. and augmen-
teth seede, but it is slow of digestion, and noyeth
the stomacke, but to them which vse much exers-
cise, it is not commendable.

Tounge.

Is of a spongy and sanguine substance, but

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the kernells and gristle which are in the rootes
if they be well digested they make good nourish
ment, if they be not well digested, they make fleum

The feete

Being well boyled and tender in a hole sto-
macke, digesteth well and maketh good iuice, &
passeth forth easely. Galen commendeth the feete
of swyne: but I haue proued, that the feete of a
yong bulloke tenderly sodden and laid in sowse
2. daies or 3 and eaten cold in the euening haue
brought a cholerick stomack into a good digesti-
on and sleepe: and therewith hath also expulsed
salt fleum and choller: and this haue I found in
my selfe by often experience, alway foreseene, that
it may be eaten before any other meate without
drinking immediatly after it.

Of fish generally. Cap. 14.

The best fish after the opinion of Galē, is that
which swimmeth in a p sea & is tossed
and lift vp with wynds and ges. The more
caulme that the water is, 1 orle is the fische

They which are in mu ers, do make
much fleume & ordure, taken in fennes and dys-
ches be worst, being in rivers and swift, bee
sometyme commendable: All be it generally all
kynndes of fish maketh more thinner bloud than
fleshe, so that it doth much nourishe, and it doth
the sooner passe over by vapours: to a loat cho-
lericke stomacke, or in feuers, sometyme they be
holosome, beinge newe, fresh, and not very harde
in

in substance oz stimp, hard fish is hard of digestion: but the nourishment, thereof is more firme, than that which is soft: those which haue much grosse humours in them, are best powdered.

Of Butter. Chap. 15

Butter is also nourishing, & profiteth in them which haue humours superfluous in the breast oz lungen, and lacketh ryping and cleansing of them, specially if it be eaten with sugar oz honey. If it be wel salted, it heateth & cleanseth the more.

Of Cheese. Cap. 16.

Cheese by the whole sentence of all ancient writers, letteth digestion, & is enemy vnto the stomacke. Also it ingendzeth ill humours, & breedeth the stone: the cheese which doth least harme is soft cheese reasonably salted, which some men do suppose, nourisheth much.

Of Egges Cap. 17.

Egges of Fesantes, hennes, & Patriches, better of all other meates most agreeable vnto nature, specially if they bee new layde: if they bee reere, they do clese the throte & the breast. If they be harde, they be slowe in digestion: but beinge once digested, they do nourish much. Meane betwene reere and hard, they digest conueniently, and nourish quickly. Egges well poched, are better than rosted. If they be fryed hard, they be of ill nourishment, and do make stinking fumes in the stomacke, & do corrupt other meates, with whom they be mingled.

They bee moste hollesome, when they be poched,
and

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and most vnholosome, when they be fryed. Also cozides sayth . If they be supped warme, before any other meate, they do heale the greekes of the bladder and raynes made with grauell . Also sozenes of the cheekes and throte, and spittinge of bloud : and they be good agaynst catarres of the llynge out of the head into the stomacke,

Of drinckes, and first of vwater.

Vndoubtedlye water hath preheminence aboue al other licours, not only because it is an elemēt, that is to say, a pure matter, wherof al other licours haue their originall substance, but also for as much as it was the very naturall first drynke to all maner of creatures .

Wherefore the saying of Pindarus the Poet was euer well allowed , which sayth , water is best. And on this is to be wel considered, & fro the creation of the world, vntill the vniuersal deluge of floud, during which tyme men liued . 8. or 9. hundred yeares ther was none other drinke vsed nor knowē, but water. Also the true followers of Pythagoras doctrine, dranke onely water, & yet liued , as Appolonius, & other : and in the serching out of secrete and mysticall things, theyr wittes excelled . Moreover wee haue seene men and women of great age, and stronge of body, which neuer or very seldome dranke other drinke then pure water . As by example in Cornewall , although that the country be in a very cold quarter, which proueth that if men from their infancie were accustomed to none other

other drinke but to water only moderately bled,
it should be sufficient to kepe naturall moisture,
and to cause the meate that is eaten, to perce and
discend into the places of digestion, which are
the purposes that drinke serueth for.

But now to the qualittes of water after the sen-
tence of auncient philosophers and phisitions.

The rayne water after the opinion of most men,
if it be receyued pure and cleane, is most subtil
and penetratiue, of any other waters: the next is
that, which issueth out of a springe in the east, &
passeth swiftly among great stones or rocks: the
third is of a cleane riuer, which runneth on great
hard stones or pebles. There be diuers meanes
to try out which is the best water, for that which
is lightest in poyle or weyght, is best. Also that
wherof commeth least skymme or froth when it
doth boile, also that which will soonest be boate.
Whoeouer dip liune clothes into sundry waters
and after lay them to drye, & that which is soonest
drye, the water wherin it was dipped is most sub-
til. After a great surfet, specially taken with su-
perfluous eating of baquettingmeats, cold water

dronken is a general remedy. Hippo. affirmeth & De ratio-
in sharp and seruent diseases, none other remedy ne victus
is to be required then water. And Galen will in mor. 2.
not that childzen should be let from drinking of cutis. li. 3.
water, but that when they feeles themselves very
hoate after meales, and do desyre to drinke water,
specially of a cleane fountain they should be suf-
fered. Also Hippo. saith: in such sickness wheras
thou fearest, lest the head should bee vehemently

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greene, or the mynd perished, there must thou
 geue eyther water or white wine alayed wth much
 water. Notwithstanding there be in water cau-
 ses of diuers diseases, as of swelling of \bar{y} splene
 and the liuer, it also flutteth and swymmeth, and
 it is long or it perceith, in as much as it is cold &
 slow in decoction, it looseth not the belly nor pro-
 uoketh vyene. Also in this it is vicious, that of
 his proper nature it maketh no ordure. Finally
 alway respect must be had to the person \bar{y} drinks
 it, for to yong men and them that be hoat of
 complexion, it doth lesse harme, and somtyme it
 profiteith, but to them that are feble, old, fleuma-
 ticke, melancholy, it is not conuenient.

Of VVine. Cap. 19.

Plato the wyldest of all philosophers, doth as-
 firme, that wyne moderately drunke, nourisheth
 and comforteth as wel at the body as the spirites
 of man And therefore God didde ordeyne it for
 mankynde as a remedy agaynst the incommodi-
 ties of age, that therby they should seeme to re-
 turne vnto youth and forget heauyness. Andoubt-
 ly Wyne heateth, and moysteth the bodye, which
 qualittes chiefly conserueth nature. And Galen
 of all wynes commendeth that which is yellow
 and cleare, saying that it is the hottest, and white
 wine least hoat.

And the coloure meane betwene both, of sembla-
 ble temperature. The yellow wyne which is
 the proper coloure of very hoat wyne to olde
 men doth bring these commodittes. First it heat-
 eth all their members, also it purgeth by vyene

the watry substance of the blond. Moreover,
the wyne which be pale or yellow, and full of
substance doe increase bloude, and nourish the
body, but for the more part, olde men haue nede
of such wyne which do prouoke byrne: for as
much as in them do abound watry excrements,
superfluities, and they which do tary long in
the belly be not apt for aged mē. Blacke or depe
red wyne and thicke, do bynd and congele that
which they do fynd in the body, and althoughe
some of them do not long abyde in the belly, yet
they moue not byrne, but rather withdroweth:
but yet they do harme to old men, forasmuch as
they do stop the conduites of the spleene, the liuer
and the raynes: also grosse wyne be best for the
which desyre to be fat, but it maketh opylations:
so wyne & clere is better for them that be fleshy
and fat. Galen also prohibith children to drinke
any wyne, for as much they be of a hoat & moist
temperature, and so is wyne: and therefore it
heateth and moysteth to much their bodies, and
filleth their heads with vapours. Moreover he
saith, that yong men should drinke litle wine,
for it shall make them prone to fury, & lechery, &
that part of the soule which is called rationabile
shall make troublous and dull: notwithstanding
that it is somtyme profitable to mitigate or expel
the humoure made of choler or melancholy. Also it pro-
uoketh against dysyth, which happeneth in the sub-
stance of the body, either by to much labour, or
by the propre temperature of age: for wine moisteth &

Galen de
tuen. sani
lib. 1.

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Eccle. 31.

nourisheth that, which is to dry, also mitigates and dissolueth the sharpenes of choller, & purgeth it also by vyne & sweate. Finally as Theophrastes sayth, much drinke of wyne is ill, but moderate drinke of wyne is not onely not hurtful, but also commodious and profitable, which sentence is confirmed by Iesus Syrac, in the booke named Ecclesiasticus, sayinge: wyne moderately dronke reioyceth both the body and soule. Wherefore to conclude this chapter, there is neither meate nor drinke, in the vse wherof ought to be more discrete moderation, than in wyne, considering that being good & dronke in due tyme and measure, it not only conserveth natural & radicle moisture, wherby life endureth, but also it helpeth the principall members which belonge to digestion, to do their office: on the other part being full or corrupt, or taken out of order & measure, both contrary to all the premises, besides that it transformeth a man or woman, makinge the beastly. More of the qualities of wyne shall be touched hereafter in the order of dyet.

Of milke. Cap. 20.

Milke is compact of three substances, cream, whey & cruddes. The most excellent milke is of a woman, the milke of a cow is thickest, the milke of a camel is most subtil, & milke of a goat is betwene cow milke and camell milke. The best milke is betwene cow milke & asses milke. The best milke of beastes feeding in in large pastures & out of Fenness & Marishes, is better then

which be fed in litle closes or in watry groundes.
In spring tyme milke is most subtil, & milke of
young beastes is holisomer then of olde. To chil-
dren, old men, and to them which be oppressed wth
melancoly, or haue the flesh consumed with a fe-
uer thicke milke is conuenient. And generally to
all them which do not feele the milke ryle in their
stomacks after that they haue eaten it, & in those
persons it doth easly purge that, which is in the
belly superfluous. And afterwarde it entreth in-
to the veines and bryngeth good nourishment:
Whosoouer hath an appetite to eate or drinke milke,
to thintent that it shal not arise or abyarde in the
stomacke, let him put into a vessel, out of y^e which
he wil recetue it, a few leaues of mint, sugar, or
pure hony, and into the vessel cause the beast to
be milked, and so drinke it warme frō the bodder,
as els let him do as *Paulus Aegineta* teacheth,
that is to say, boyle first the milke with an easy
fyre, and seeth it after in hoater fyre, and skym it
cleane, and with a sponge dipped in cold water,
take that cleane away, which would bee burned
to the vessel, than put the milke salt and sugar, &
drinke it often. Moreouer milke taken to purge me-
lancholy, would be drunk in the morning about
dawn, new milked as is befoze written. And he
that drinketh, shoulde absteyne from meate and
exercise vntil the milke be digested, & haue some-
what purged the belly.

For with labour it becommeth sowre: and there-
fore y^e requirerth reste and watch, or to walke
very softlye. *Agualys* where men and women

Oribasius
de conuic-
tione cibo-
rum. lib. 3

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be vsed from their childhood, toz the moze part
to milke, and to eate none oꝝ litle other meat but
milke and butter, they appear to be of good co-
plexion and fashon of body, and not so much be-
red with sicknes as they which dꝛynke wyne oꝝ
ale, notwithstanding muche vse of milke in m-
languine oꝝ cholericke, doth ingender the stom-

Of ale, biere, cider, & vvhay. Cap. 21.

I Can neyther heare noꝝ read, & ale is made and
vsed foꝝ a common dꝛynke in any other coun-
trei then Englande, Scotlande, Ireland, and
Dole. The latine word *Ceruissa* is indifferen-
as wel to ale as to beare. If the corne be good
the water wholesome and cleane, and the ale oꝝ
biere wel and perfectly brewed and clensed, and be-
y space of fixe dayes oꝝ moze, sciled & defecated,
it must nedes be a necessary & conuentent dꝛynk
well in sicknes as in helth: considering the bar-
ly corne, wherof it is made, is commended and
vsed in medecine in all partes of the world, and
accepted to be of a singular efficacie in reducing
the body into good temper, specially which is
distemperature of heate. Foꝝ what auncient ph-
sition is there that in his woꝝkes commendeth
not *Psisane*, which is none other then pure bar-
ly bꝛayd in a morter, & sodden in water, the sam-
ething is small and cleane ale oꝝ beare, sauynge
perchaunce the dꝛynge of the malie is caused
moze dꝛyth to be in the ale then in *Psisane*. And
the hoppes in biere maketh it colder in operati-
on. But to say as I thinke. I suppose that neyther

ale nor biere is to be compared to wyne, considering that in them do lack the heat and moisture which is in wyne. For that being moderatly vsed is most like to the natural heate & moisture of mannes body. And also the licoure of ale or beere, being more grosse, do ingender more grosse vapours, and corrupt humors then wyne doth, being drunke in like excess of quantity.

As for Cider may not be good in any condition, considering as I say, that all fruits do ingender ill humours, & do cole to much natural heat: but to them which haue abundaunce of red chollet, moderatly vsed, it somewhat profiteth in mitigation of excessive heate. But who that will diligently marke in the countries wher Cider is vsed for a common drinke, the men & women haue the coloure of their visage paled, & the skyn of the visage riueld, although that they be yonge.

Whay if it be left of the butter, beinge well ordered, & not drunke vntil it haue a thicke curd, of milke ouer it, like to a hat, is a right temperate drinke, for as much as by the vinctuosity of the butter, wherof the whey retayneth some portion, it is both mayst & nourishing, & clenseth the best, and by the subtilnes of it selfe, it descendeth soone from the stomacke, & is shortly digested. Also by reaso of the affinity which it hath with milke, it is conuertible into bloud & fleshe, specially in those persons, which do inhabit in the North partes, in whom naturall heat is coagulate, and therefore is of more puissance & vertue in the office of concoction. Also custome fro childhood

THE SECOND

hood, doth eleuate the power of meats & drinks in their disposition, notwithstanding that the 4. humors sanguine, choler, fleume, and melancoly must also be considered, as it shall appeare in diuers places hereafter.

Of hony. Chap. 22.

Plin. li. 22

Hony as wel in meat as in drink is of incomparable efficacy, for it not onely cleaseth, altereth, & nourisheth, but also it long tyme preserveth that uncorrupted, which is put into it, in so much Plinie saith: such is the nature of hony, it suffereth not the bodies to putrify; and he affirmeth that he did see an Hippocentaure, which is a beast halfe man halfe a horse, brought in hony to Claudius the Emperour, out of Egypt to Rome. And he telleth also of Pollio Romulus who was aboue a hundred yeres old, of whom Augustus the Emperour demaunded by what meanes he liued so long, and retainned still the vigour or liueliness of body & minde. Pollio answered y hee did it inwarde wth meede, which is drinke made with hony and water, outward wth oyle. Which saying agreeth with the sentence of Democritus the great Philosopher, who being demaunded, how a mā might live long in helth, he answered. If he wete him within with hony, without with oyle. The same Philosopher when he was a hundred yeres old and nine, prolonged his lyfe certayne dayes with the evaporation of hony, as Aristoxenus wyrteth. Of this excellent matter, most wonderfully wrought and gathered by the little Bee.

As wel of the pure dew of heauen as of the most subtil humour of sweete and vertuous herbes & flowers, he made licours commodious to man- kinde, as Meade, Metheglin, & Oximel. Mead which is made with one part of honny, and 4. ty- mes so much of pure water, and boyled untill no skimm do remaine is much commended of Ga- len Drunke in sommer for preseruing of health.

Lib. 4. de
tuenda sa-
nitate.

The same author alway commendeth the vsing of honny, either raw eaten with fyne breade soni- what leuened, or sodden, & receyued as drinke. Also Meade perfectly made clenseth the breaste and lunges, causeth a man to spit easly and pisse abundantly, & purgeth the belly moderately. Me- theglin, which is most vsed in Wales, by reason of heat herbes boyled with honny, is hotter then Meade, and moze comforteth a cold stomacke, if it be perfectly made, and not new or very stale. Oximel is wher to one part of vinegar is put double so much of honny 4. times as much of wa- ter, & then being boyled vnto the third part, and cleane skymmed wth a fether. is vsed to bee taken wherin the stomacke is much fleume or matter vndigested, so that it be not red choler. Like the vse thereof in Alexandro Tralliano. Many other good qualities of honny I omit to write of, vntill some other occasion shal happen to remember the particularly, wher they shall seme to be proff- itable.

Sugar 23

Of Sugar I do fynde none auncient au- tho^r of Greekes or Latines to wyte by name, but onely Paulus Aegineta, who sayth

in

THE SECOND

In this wyse after that he hath treated of hony.
Moreouer sugar which they call hony, that is
brought to vs from Arabia, called Felix, is not
so swete as our hony, but is equal in vertue, and
doth not annoy the stomacke, nor causeth thirst.
These be the wordes of Paulus. It is now in
dayly experience, that sugar is a thing very tem-
perat and nourishing, and where there is choler
in the stomacke, or that the stomacke abhorreth
hony, it may be vsed for hony in all things wher-
in hony is required to be. With sugar and vine-
gar is made syrupe acetose.

Of Time. Cap. 24.

Apin:er

In the consideration of tyme, for taking of mea-
tes and drinckes, it is to be remembred, that
in wynter meats ought to be taken in greate a-
boundance, and of a more grosse substance the
in sommer, for as much as the exterior air which
compasseth the body being cold, causeth the heat
to withdraw into the inner partes, where being
inclosed and gathered nigh together in the sto-
macke and intrailles, it is of more force to boyle
and digest that which is receiued into it. Also
meats roasted are then better then sodden, & fleshy
& fleshy poudred is then better the in sommer, herbes
be not the commendable, specially raw, neither frui-
tes, except quinces roasted or baked; drinck should
be then taken in litle quantity. Moreouer wines
shal nede no water or very litle, & that to chole-
ricke persons: red wines & they which be thicke
& sweete may be then most surely taken of them
which haue no opillations or the stone: alway re-
member

ber that in winter fleume increaseth by reason of
raine and moistures of the season, also the length
of nightes and much rest, And therefore in that
time cholericke persons are best at ease, sembla-
bly are yong men, but to old men winter is en-
nemy. It beginneth the viii. day of Nouember,
and endureth vntill the viii. day of February.

The Springe tyme doth participate the first
parte with wynter, the latter parte with Sō-
mer. Wherefore if the fyrst part be colde, than
shal the diet be accordyng to winter. If the ende
be hot, then shal the diet be of Sommer.

If both partes be temperate, then shoulde there
be also a temperance in dyet: alway consideyng
that fleume yet remaineth, and Bloude than
increaseth. And meate woulde be lesse in quan-
titye than in winter, and drinke somewhat moze.

Springe tyme beginneth the viii. day of Febru-
ary, and continueth vnto the viii. daye of Maye.

In Sommer the inward heate is but little, and
the stomacke doth not digeste so strongelye nor
quickely, as in wynter. wherefore in that season,
eatyng often, and a little at once, is most conue-
nient. And Damascenus sayth y fastyng in Sō-
mer dyeth the body, maketh the colour salow,
ingendzeth melancholy, and hurteith the sight: al-
so boyled meate, breade steeped in whyte broth,
wyth sodden lettise or cyrope, are then good to
bee vsed, also variety in meates, but not at one
meale, potages made with cold herbes, drynk in
moze aboundance, wyne alayed with water to
hot complexions much, to cold natures lesse.

In this season bloud increaseth, and towarde

Gal. in
cōment in
apho.

2. li. 3.

Spring
tyme.

Hipocras-
tes de na-
tura hum-
na.

Galen. c
aph. 18. li
Somer.

Hipo. de
de humo-
ribus.

THE SECOND

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Of Time. Cap. 24.

Requisit

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Gal. in
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aph. 18. li
Somer.

Hipo. de
de humo-
ribus.

THE SECOND

Sal. in
ment in
pho.

the end therof, choller. And therefore they, which be cold of nature, and moist are then best at ease, hot natures & dry worst: Moreover chilozen, and very yong men in the beginning of Sommer, are holdest, old folke in the latter end, and in Harvest. Sommer begynneth the 8. day of May, and continueth vntill the 8. day of August. Autumne be-
ginneth the 8. day of August, and endeth the 8. day of nouember, that season of the yere is variable, & the ayre chaungeable, by occasiō whereof happen sondry sickeneses, bloud decreaseth, & melancholy aboundeth: wherfore al Sommer fruits would then be eschewed, for as much as they make it twice & winds in the body. In this tyme meat would be more aboundant than in Sommer, but somewhat dryer: drynke must bee lesse in quantite: but lesse mixt with water. This tyme is dangerous to all ages, al natures, and al countreies, but the natures hot and may be least indamage.

Diet concerning sondry tymes of the yere
vritten by the old phisicion Diocles
to kyng Antigonus.

From the xii. day of December, at the which time the day is at the shortest vntill the 9. day daye of March, which do continu. lxxx. dayes, reumes and moystures do encrease, than meates and drynkes naturally very heat, would be moderate: vsed. Also to drynke aboundantly Wine without alape or wth litle water and to vse liberality: the company of a womā is not vnholsum to the body.

From the ninth day of Marche, at whiche
tyme

time in Equinoctium vernū vnto the xxi. daye.
of Aprill, sweete fleume and bloud do increase:
therfore vse thou thinges hauing much iuyce &
harpe, exercise the body diligently, than may ye
vse safely the company of a woman.

From the xx. day of Aprill, to the xlii. day of
June, Choller increaseth, than vse all thinges
that are sweete, and do make the bellye soluble,
forbeare carnall company with women.

From the xlii. day of June, at which time the
day is at the longest, vnto the xii. day of Septē-
ber, both melancoly rayne, forbeare carnal com-
pany, or vse it moderately,

From the xii. day of September, vnto the xvi.
day of October, do abound fleume and thin hu-
mours, than would all fluxes and distillations
be prohibited, than all sharpe meates & drin-
kes of good iuyce, are to be vsed, and carnal occu-
pations should then be eschewed.

From the xvi. day of October, to the xii. day of
December increaseth grosse fleume, vse therfore
all hytter meates, sweete wyne, fette meate, and
much exercise.

Of Ages Cap. 25.

Childzen would be nourished with meates & Childe
drinckes, which are moderately hoat & moist Galen
notwithstanding Galene doth prohibite the vse iuen. sa
of wine, because it moisteth and heateth too much lib. 1.
the bodie, and filleth the heads of them, which
are hoat and moist with vapours. Also beeper-
mitte them in hoat weather to drinke cleare wa-
ter of the fountayne.

A child

THE SECOND

Oribasius
de cure
imp. li. i.

A child growing fast in his members towards a man, so that hee seemeth wel fedde in the body, is then to be feared of fulnes of humours, and if it be perceued that he is replete, then must be withdrawen and minished some part of that nutriment, and according vnto his age, some euacuatō would be deuysed, other while by exercise, walking vp and downe fasting, and before that they eate any meate, let them exercise themselves with their owne labours, and do their owne accustomed businesse, and eate the meates wheres vnto they be most bled, so that it bee such that may not hurt them. And thus nede they not to know of Physicians, but by experience and diligent serch by their stole, their nourses shall perceue what digesterh well, and what doth not. But if it appeare that by excessive feedinge the belly of the child is fuller & greater than it was wont to be, and that which passerh by the belly is corrupted, or his swate stinketh, these thinges knowen, if they eate strong meates, geue them not one kind of meate, but dyuers, that the nouelty of the meat may helpe, that they may goe & more easly to the stoule: For if any haue an unreasonable appetyte, he is soner recovered, if he be purged by a boyle or impostume, com. ē forth & broken, before that the meat be corrupted, & after
longmen that let him eate fine meates, & being once whole, retorne by litle and litle to his olde custome.

Young men, exceding the age of 14 yeares shall eate meate more grosse of substance, colder and moyster, also Salades of colde herbes, and

to drinke seldome wyne, except it be allayd with water. Albeit, al these thinges must be tempered accordinge to their Complexions, exercise, & quietnesse in lyuing, wherof yee shall reade in their proper places hereafter. Old men, in whom naturall heate & strength seemeth to decay, shoulde vse alway meates, which are of qualite hoat and moyst, and therewithall easy to bee digested, and absteyne vitterly fro all meates & drinckes, whych will engender thicke tynce and slimy, scmlably from wyne, whiche is thicke, sweete, and dark red wyne, and rather vse them which will make thynne humours, and will purge well the bloude by vyne, therefore whete or yelowe wyne, and perchaunce frenche claret wyne are for the very commendable. Also wyne prepared with pure hunny clarified, wherein rootes of persly, or fenel be steeped, specially if they suspect any thing of the Stone, or gout. And if they more desire to cleanse their raines & bladder: the it is good to vse smale whitewine, as racked renishwine, or other like to it. And sometime to sleepe ouer nighte therein a persly roote slit & somewhat brused, and a litle licorice. Finally, let them beware of all meates which will stop the poares, and make obstructions or Opilations, that is to say, with clammy matter stop the places where the natural humours are wrought and digested, the which meates I haue before set in a table. But if it chaunce the to eate any such meate in aboundaunce, lette them take shortly such thinges, as doe resist Opilations, or resoluethem. As white pepper, brused and myxte

Old men

Paul Ag.
gine. li. 1.
cap 23.

Opilati-
ons, & has
they are

THE SECOND

mixte wpth their meates oz drinkes, garl: be also oz onyons, if they abhoze them not. Alway remember that aged men shoulde eate often, & but little at euery tyme, for it fareth by them, as it doth by a lampe, the light whereof is almost extincte, whych by pouring in of oyle little & little is long kept burning: and wpth much oyle poured in at once, it is cleane put out. Also they must forbear all thinges which doe ingender melancholy, whereof yee shall reade in the table before: and bread cleane wpthout leauen, is not then wholesome.

Moderation in diet, hauing respect to the strength or vweakenes of the person. Ca. 26.

Now we heere it must be considered, & although I haue witten a general diet for euery age, yet neuerthelesse it must be remembred, that some childre & yonge men, eptier by debility of nature, oz by some accidentall cause, as sickness oz much study, happen to gather humors fleumaticke oz melancholy in the places of digestion, so that concoction oz digestion is as weak in them, as in those which are aged.

¶ Semblably some olde men fynde nature so beneficiall vnto them that their stomaches and livers are moze stronge to digest then the sayde yonge men: some perchaunce haue much choller remayninge in them. In these cases the sayde yonge men must vse the diet of olde men, oz nygh vnto it, vntill the discrasse be removed, hauing alway respecte to their vniuersall complexions

as the

as they which are naturally cholericke to be
 hoat thinges in a more temperaunce, then they
 which be fleumaticke or melancholike by nature.
 The same obseruation shalbe to olde men, sa-
 uing that age of his owne property is colde and
 drye, therfore the old man that is cholerick, shal
 haue more regard to moisture in meates then the
 yong man being of the same complexion. For-
 seene alway that where nature is offended or
 greued, she is cured by that, which is contrary
 to that, which offendeth or greueth, as cold by
 heate, heate by colde, dryeth by moisture, moisture
 by dryeth. In that wherby nature should be nour-
 rished in a whole & temperate body, thyngs must
 be taken which are like to the mans nature in
 quality and degree. As where one hath his body
 in a good temper, thinges of the same tempe-
 rance both nourish hym: but where he is out of
 temper, in heate, cold, moisture, or dryeth, tempe-
 rate meates or drynkes nothyng do profite
 hym. For being out of the meane and perfect
 temperature, nature requireth to be thereto res-
 tored by contraries, remembryng not onely, that
 contraries are remedy vnto their contraries but
 also in euery contrary, consideration must be had
 of the proportion in quantity.

Hippoc.
 aphor.
 Galen. in
 commen.

Times in the day concerning.

meales. cap. 27.

Besides the tymes of the yeare, and ages
 there bee also other tymes of eatynge and
 drynking to be remembred, as the sondre

THE SECOND

tymes in the day which we call meales, which are in number and distance accordinge to the temperature of the countrey and person. As where the countrey is cold and the person lusty, and of a strong nature there may more meales be vsed, or the lesse distance of tyme betweene them. Contrariwise in contrary countreys and personages, the cause is also reversed, where I haue spokē of the diet of the tymes of the yeare, notwithstanding here must be also consideration of exercise and rest, which do augmente or apyre the naturall disposition of bodyes, as shal be more declared hereafter in the chapter of exercise. But concerning the generall vsage of countreys, and admittinge the bodyes to the perfecte state of healthe. I suppose that in England young men, vntill they come to the age of .xl. yerres may wel eate thre meales in one day, as at breakfast, dinner, and supper, so that betweene breakfast and dinner, be the space of 4. houres at the least, betwene dinner & supper, 6. houres, & the breakfast lesse then the dinner. & the dinner moderate, that is to say, lesse then satiety or fulnes of belly, and the drinke thereunto measurable according to the drynes or moistnes of the meate. For much aboundance of drinke at meale, drowneeth the meate eaten, and not only letteth convenient concoction in the stomacke but also causeth it to passe faster then nature requireth and therfore engendreth much fleume, & consequently reumes, & crudenes in the betnes, debility and slippernes of the stomack, continual

fluxe

fluxe, and many other inconueniencies to the bo-
dy & members. But to retorne to meales, I thinke
breakfastes necessary in this realme, as well for
causes before rehearsed, as also for asmuch as
choler being feruent in the stomacke, sendeth by
humour into the bryne, & causeth headach, &
sometime becometh adust, & smouldreth in the sto-
macke, wherby hapneth perillous sickness, and
sometime sodaine death, if the heat inclosed in
stomack haue not other cōuentēt matter to work
on: this daily experience proueth, & natural rea-
son confyrmeth, therfore men and women not a-
ged, hauing their stomackes cleane without pu-
trified matter, sleping moderately & softly in the
night, & feeling themselves light in the morninge
and sweete breathed, let them on Gods name
bryake their fast, cholericke mē with grosse meat
men of other complexions wth lighter meate, fore-
seene that they labour somewhat before, sembla-
bly their dinner & supper, as I haue before writ-
ten, so that they slepe not incontinent after their
meales: and here I will not resiste the sentences
of authoys, which had neuer experience of En-
glish mens natures, or of the ill tēperature of
this realme of Englād, only this counsaile of Hi-
pocrates shalbe sufficient. We oughte to graūte
somewhat to tyme, to age, and to custome: not-
withstanding where greate wearines or dryth
greueth the body, there ought the dinner to bee
lesse, & the longer distance betwene dinner, & sup-
per. Also much rest, except a litle soft walking, &
by an vppryght mōuing the meate beyngē digested

breakfast

Hippo.

hor. 18.

li. i. Gal.

de tuenda
sanitate.

THE SECOND

may descend. This is alway to bee remembred, that where one feeleth himselfe full and greued with his dinner, or the sauoure of his meate by eructation offendeth, or if his stomacke weake by late sicknes or much study, then it is most conuenient to abstayne from supper, and rather prouoke himselfe to sleepe much, then to eate or drinke any thinge. Also to drinke betwene meales is not lawdable, except very greate thirst constraineth: for it interrupteth the office of the stomack in concoction, and causeth the meate to passe faster then it should do, and the drinke being colde, it rebuketh naturall heat that is working, and the meat remainyng raw, it corrupteth digestion and maketh crudinesse in the veynes. Wherefore he that is thirsty, let hym consider the occasion. If it bee of salt fleume, let hym walke fayre and softly and only wash his mouth and his throte with barly water, or small ale, or lye downe and sleepe a litle, and so the thirst will passe away or at the least be well asswaged.

If it happen by extreame heate of the ayre, or by a pure choler, or eatinge of hoat Spices let hym drinke a litle iulep made with clean water & sugar or a litle small biere or ale, so that he drinke not a great glut but in a litle quantitie let it fall down softly into his stomack as he stretcheth, & then let him moue sodenly. If the thirst be in the evening by eatinge to much, & drynkinge of wyne then after the opinion of the best learned physicians, and as I my selfe haue often experienced the best remedy is, if there be no feuer, to drinke

a good

a good draught of colde water immediatlye or els, if it be not paynful for hym to bowse to prouoke hym therto with a litle warme water and after to wash his mouth with vineger and water and sleepe long and soundlye if he can.

And if in the morning he fele any fumosities rysing, then to drynke Iulep of violets, or for lacke thereof a good draught of very small ale, or bere somewhat warmed without eatyng any thing after it.

Of diuersities of meates eaten, vtherby health is appayred. Cap. 28

Now let this be a generall rule, that sondry meates, beyng diuers in substance & quality, eaten at one meale, is the greatest enemye to health that may be and that ingendzeth, most sicknesses, for some meates beyng grosse & hard to digest, some fyne and easy to digest, do requyre diuers operations of nature, and diuers temperatures of the stomacke, that is to saye much heate and temperate heate, which may not be together at one tyme.

Therefore when the fyne meate is sufficiently boyled in the stomacke the grosse meate is rawe, so both iuices, the one good and perfecte, the other grosse and crude, at one tyme digested, and sent into the veyns and body, nedes must health decay, & sicknesses be ingendred. Likewise in diuers meates beyng of diuers qualities, as whete some are hot & moist, some cold and moist,

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Some hot and drie, some cold & drie, according
thereto shall the iuice be diuers which they make
in the body. And lyke as betwene the sayde qua-
lities is contrariety, so thereby shall be in y^e body
an vnequall temperature, forasmuch as it is not
possible for a man to esteeme so iust a proportion
of the qualities of that which he receiueth, that
the one shall not exceede the other in quantity.
Wherefore of the sayd vnequall mixture needed
must ensue corruption & consequently sickness. &
therfore to a hole man it were better to feede at
one meale competently on very grosse meat onely,
so that it be sweete, and his nature do not abhor
it, than on diuers fyne meates of sundry substance
and qualities. I haue knowen and seene olde
men and olde women which eating onely brefs,
baken, chese, or curdes, haue continued in good
health whom I haue proued, that when they
haue eaten sundry fyne meats at one meale, haue
sone after felt themselves greued with frettings
and headach, & after that they haue bene hole a-
gayne there hath bene geuen to them one kynde
of light meate, they haue done as well therewith
as they were wont to do with grosse meats, whē
they ate it alone which prooueth to be true that
which I haue reherced. And it is good reason
for after the generall opinion of philosophers &
physitions, the nature of mankind is best content
with thinges most simple and vnmixt al thinges
tending to vnitie, wherein is the only perfecti-
on. Also it is a generall rule of physicke, that
where a sickness maye bee cured with simples,
that

that is to say, with one only thing that is medecine ther should the phisition geue no cōpound medecine mixt with many thinges.

These thinges considered, it may seme to al mē that haue reason, what abuse is here in this realm in the cōtinuall gourmādise & darly feeding on sundry meates at one meale, the spirit of gluttony triumphing amōg vs in his glorious chariot called welfare byrning vs afore hym as his prisoners into his dungeon of surfet, where we are tormētēd wth caterres, feuers, gontes, pleurisses, fretting of the guttes, & many other sicknesses, and finally put to death by them, oftentimes in youth, or in the most pleasaunte tyme of our life when we would most gladly līue, for the remedy wherof how many tymes haue there bene deuised ordinaunces and actes of counsaile, although perchaunce bodily health was not the chiefe occasion therof, but rather prouision against baine & sumptuous expēses of h^{is} mean people. For the nobilitie was exempted and had libertie to abyde still in the dungeon if they woulde, and to līue lesse whyle then other men. But when where, and how long were the sayde good deuises put in due execution, for all that, that therof should succede double profite, that is to saye, health of body & increase of substance by eschewing of superfluous expences in sundry dishes, Alas how long wil men fantasie lawes & good ordinaunces and neuer determine them. Fantasie proceedeth of witte, determination of wisdom, witte is in the deuysing and speakinge,

Gluttony

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but wisdom is in the perfourmance, which re-
seth onely in execution. Here haue I almoste
forgottē, that my purpose was to write of the or-
der of dyet, and not of lawes: but the feruent
loue that I haue to the publique weale of my
country, constrained me to digresse somewhat fro
my matter, but now will I procede forth to
write of order which in taking of meates and
drinkes is not the least part of dyet.

Of order in receiuing of meates.
and drinke Cap. 29.

HErbes as wel sodden as vnsoodē, also frui-
tes which do mollify add loose the bellye
ought to be eaten befoze any other meate excepte
that sometyme for the repressing of fumosities
rising in the heade by much drynkinge of wyne,
raw lettice, or a cold aple or the iulce of Oren-
ge or Lymons may be taken after meales in a
litle quantity.

Moreover all broathes, milke, reere egges and
meates which are purposely taken to make the
belly soluble, would fyrst be eaten. Al fruites
other meates that are styptike or bynding, woul
be eaten last after all other. Fruites confectione
spectally with hony, are not to be eaten with
other meates. But here is to be diligently note
that wher the stomack is cholericke and strong
grosse meates woulde be fyrst eaten where the
stomacke is colde or weake, there woulde fyne
meates be fyrst eaten: for in a hoat stomacke fyne
meates are bourned, whyle the grosse meate is
digesting

Digesting. Contrarywise in a cold stomacke the
 hie heate is suffocate with grosse meate, and
 the fine meate left raw, for lacke of concoction,
 where if the fine meate be first taken moderately
 it stirreth up and comforteth natural heate, and
 maketh it moze able to concoct grosse meates if
 they be eaten afterward so that it be but in small
 quantitie, notwithstanding, as I late affirmed
 one maner of meate is most sure to euery com-
 plexion, forseene that it be alway most commo-
 ly in conformity of qualittes with the person
 eaterh. Moreover take heede that supper meates
 be not first eaten, lest it draw with it to hastily o-
 ther meates, ere they be digested, nor that strytk
 or restrayning meates, be taken at the begyn-
 ning as quinces, peares, and medlars, lest they
 may let other meates that they discende not into
 the bottom of the stomacke where they should be
 digested. notwithstanding the confection made wth
 the iuyce of quinces, called Diacitonites taken
 two howers afore dinner or supper is commen-
 ded of Galen and other for restoring appetyte &
 making good concoction. Also concerning drinke
 at meales, it would not be afore that somewhat
 were eaten, and at the beginning the drynke
 would be strongest and so toward the end moze
 small, if it be ale or bierre, & if it be wyne moze &
 moze alayd with water, & after the better opiniō
 of phisitions, the drinke would rather be mixt wth
 h^e meate by sundry litle draughtes, then with one
 great draughte at the ende of the meale, for the
 mixture tempreth wel the meat without annoy-
 ance a great draught wth much drinke drawneth h^e
 meate

Drink at
meales.

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meat, rebuketh naturall heate that then woꝝketh
in concoction & with his waight dꝛꝛꝛꝛꝛꝛꝛꝛꝛ
the meate to haſtely. Hoat wyneſ and ſweete, oꝝ
confectioned with ſpices, oꝝ berre ſtrong ale oꝝ
beere are not conuenient at meales, foꝝ the meate
is by them rather corrupted then digeſted, and
they make hoat and ſinking vapours aſcend by
to the bꝛaynes. Albeſt yf the ſtomacke bee berre
wyndy, oꝝ ſo cold, and feble that it cannot con-
coct ſuch a quantitie of meate as is required to
the ſufficient nourishment of the bodye of him
eateth oꝝ hath eaten rawe herbes oꝝ frutes, wher
by he feleth ſome annoyance, then may he dꝛink
incontinent after his meale a litle quantitie
of ſecke, oꝝ good aquauite in ſmall ale, but if hee
haue much choler in his ſtomacke oꝝ a head full
of vapours, it wer much better that he did neither
dꝛink the one noꝝ the other, but rather eate a litle
collander ſeede prepared, oꝝ a peece of a quince
roſted, oꝝ in marmelade, and after reſt to amend
the lacke of nature with ſlepe, moderate exerciſe,
and plaſters prouided foꝝ comfortinge of the ſto-
macke. And here wil I leaue to wyte any moꝝe
of the diet in eatyng and dꝛinking, ſauinge that
I woulde, that the readers ſhoulde haue in re-
membꝛaunce theſe 2 counſails. Firſt that to an
hole man to practiſe a rule is not conuenient in
diete, and that the diſeaſes, which do happen by
to much abſtynence, are woꝝſe to bee cured, then
they which come by repletion. And Cornelius
Celsus ſayth, a man that is hole & well at eaſe,
and at his liberty oughte not to bynde hymſelfe

to rule it or neede a phisition: but yet where the stomacke is feble as is of the more part of Cyti- gens, and welnigh all they that bee studious in learning or waighty affaires, there ought to bee more circumspection, that the meat may be such as that either in quality or quantitie nature be- ing but feble, be not rebuked or to much oppressed

Of sleepe and vvatch. 30.

The commoditie of moderate sleepe appeareth by this, that naturall heate, which is occu- pyed about that matter, whereof procedeth nour- rishment, is comforted in the places of digesti- on, & so digestion is made better or more perfit by sleepe, the body fatter, the mynde more quiet and clere, the humours temperate, and by much watch al thinges happen contrary.

The moderation of sleepe must be measured by health and sicknesse, by age, by tyme, by emptines or fulnes of the body and by naturall complexi- ons. First to a hole man, hauing no debilitie of nature, and digestion perfectiue the meate that he eateth, a litle sleepe is sufficient, but to them which haue weake stomacks, and to digest slow- ly, it requireth y sleepe be much longer, scbblably temperance is required in yowth & age, winter, & sommer, the body beyng full of ill humours, very litle sleepe is sufficient, excepte the humours bee crude or raw, for then is sleepe necessarie which digesteth the better then labour, scbblably, wher the body is lōg empty, by long sicknesse or absti- nence, sleepe cōsōrteth nature as wel in the pñci- pall mem-

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members, as in al the other. Also regard must be had to the complexion, for they that are hoat and do eat litle & digest quickly, a litle sleepe serueth specially to cholerick persons, for in them much sleepe augmenteth heat, more then is necessarye, whereby hot fumes and inflamations are oftē ingendzed, and sometime the natural choller adust or putryfed, as experience teacheth. Flumatike persons are naturally inclined to sleepe: and because they ingender much humors they requyre more sleepe then sanguine or cholericke. Persons hauing natural melācholy, not proceeding of choller adust, do requyre very much sleepe, whych in them comforteth the powers animal, vital, and natural, which ye may fynd wyrtten in the tables proceeding. Sleepe would be taken not immediately after meales and before that the meate is discended from the mouth of the stomacke. For thereby is ingendzed paines and noyse in the belly, and digestion corrupted, and the sleepe by yll vapors assending, made vnquiet and troublous: moreouer immoderate sleepe maketh the Bodye apt vnto palseys, apoplexies, falling sickenesse, rheumes & impostumes. Also it maketh the wits dull, and the body slowe and vnapt to honest exercise. Semblably immoderate watch dyeth to much the body, and doth debilitate the powers anymall, letteth digestion, and maketh the Bodye apte to consumption. Wherefore in these two thynges, as well as all other, a diligente temperance is to be vsed, the moderation is best conlected (for it is hard perfectly to know it) by the sens.

sensible lightnes of the bodye speciallly of the
browne, the browes, & the eyes, the passage downe
of the meate from the stomacke, the wil to make
bryne, and to go to the stole, contrariwys: hea-
uines in the body and eyes, & sauour of the meat
befoze eaten, signifieth that the sleepe was not
sufficient. They that are hole, must sleepe fyrst
on the ryght side, because the meat may approche
to the liuer which is in the stomacke as fyre vnder
the pot, and by him is digested.

To them which haue feeble digestion, it is good
to sleepe prostrate on their bellies, or to haue
theyr bare hand on their stomackes.

Lying vpright on the backe it is to be vterly
abhorred.

The commodity of exercyse, and the
time vvhā it should be vsed.

Cap. 31.

Every meane is not an exercise but only that
which is vehement the ende wherof is altera-
tion of the breath or wynd of a man.

Of exercise do procede twoo commodities, eua-
cuation of excrements, and also good habite of
the body: for exercise being a vehement motion,
therof needes must ensue hardnes of the mem-
bers whereby labour shall the lesse greue, and
the body be the moze stronge to labour. Also
therof cometh augmentation of heate, whereby
happeneith the moze attraction or thinges to bee
digested, also moze quicke alteration and better
nourishing. Whoeuer that all and singular
partes of the bodye, bee therewith somewhat
humected. Whereby it happeneith, that
changes

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things harde bee mollified, moſt thinges are extenuate, and the pores of the body are more opened. And by the violence of the breath or wynde, the pores are clenſed, and the ſpithe in the body naturally expelled. This thinge is ſo neceſſary to the preſervation of health, that without it no man maye bee longe without ſickneſſe, which is affirmed by Cornelius Celſus, ſaying that ſuggillines dulleth the body, labour doth ſtrengthen it, the firſt bringeth the incommodities of age ſhortly, the laſt maketh a man long tymeluyſy. Notwithſtanding in exerciſe ought to be 4 things diligently conſidered, that is to ſaye: the tyme, the thinge proceeding, the quality and quantity of exerciſe. Firſt as concerning the tyme convenient for exerciſe, that it be not when there is in the ſtomack or bowels great quantity of meat, not ſufficiently digeſted or of humours crude or raw, leſt thereby perill myght inſue by conuulſion of them into all the members, befoze thoſe meats or humours be concoct or boyled ſufficiently. Galien ſayth that the tyme moſt convenient for exerciſe is, whē both the firſt & ſecond digeſtion is complete, as wel in the ſtomacke as in the veines, & that the tyme approcheth to eate eſſioneg. For if ye do exerciſe ſoner or later, ye ſhal either fill the body wth crude humours; or els augment yellow choler. The knowledge of this tyme is perceived by the colour of the vyne, for that which reſembleth unto clere water, betokeneth that the iuice which commeth from the ſtomacke, is crude in the veines, that which is wel coloured, not to
high

high or base, betokeneth that the second digestion is now perfect, wher the colour is very high or red: it signifieth that the concoction is more then sufficienc. Wherfoze when the vyne appeareth in a temperate colour, not red nor pale, but as it were gilt, thā should exercise haue his beginnig.

Of Fricasies or rubbings preceding
exercise. cap 32.

A Stowching thinges preceding exercise, as much as it is to bee feared, lest by vehement exercise any of the excrements of the belly, or bladder should hastily be receiued into the habite of the body, by the violence of heate kindled by exercise, also lest some thinge whiche is hole be by heauines of excrements or violence motion, broken or pulled out of his place, or that the excrements by violence of the breath, should stop the poore or conduits of the bodye, it shalbe necessary litle and litle by chafing the bodye first to mollify the parties consolidate, and to extenuate or make thinne humours, and to lose and open the pores, & then shal insue to him that exerciseth no peril of obstruction or rapture. And to bring that to passe, it shall be expedient after that the body is cleas'd, to rub the bodye with a course linnen cloth, first softely and easely, and after to increas more and more to a harde

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hard and swift rubbing, untill the flesh do swell, and be somewhat ruddy, and that not only downe right but also ouerthwart and round: Some do vse fricasies in this forme, in the morning after y they haue bin at the scoole, with their shirt sleeves or bare hand, if their flesh be tender, they do kisse softly, and afterward faster rub their breaſte and sides downeward, and ouerthwart, not touching their stomacke or belly, and after cause their seruauant ſembleably to rub ouerthwart their ſhoulders, and Backe, and beginning at the necke bone and not touching the rapnes of the backe, except they do feele there much cold & wind & afterward their legges from the knees to the ancle. laſt their armes from the elbowe, to the hand wiſt. And in this forme of fricaſy I my ſelfe haue founden an excellent commodity.

Old men or they which be very dry in the body, if they put to ſome ſweete oyles, as *Trinum*, *Nardium*, *Chameleum*, or other like mixt wth a litle ſweete oyle of Roſes. I ſuppoſe they doe wel. I wil not here ſpeake of ointments vſed in old time amōg the Romans & Greckes, in fricasies or rubbings. For I ſuppoſe, y they were neuer here vied, & in the ſayd places, they be alſo left, vnleſſe it be in paſſeyes, or apoplexies or agaynſt the rigour, which hapneth in feuers only. I wil remember the ſaying of Hippocrates.

Friceaſe hath power to looſe, to brynde, to increaſe fleſhe, and to minyſh it. For hard fricasies do brynde or conſolodate, ſoftie rubbing both loſe or minyſhe muche, doe minyſhe fleſh

mean

meane rubbingge doth augment or increase it. He that wil know more aboundantly hereof, let hym reade the booke of Galen of the preseruatiō of health, called in latin, De tuēda sanitate. translated most truly & eloquently out of Greeke into latin by doctour Linacre, late Physician of most worthy memozy to our soueraigne lord King H. the eight.

The same matter is writtē more bryefly of Paulus Aegineta, Oribasius, Aetius, & some other late wyters, but vnto Galen not to be cōpared.

The diuersityes of exercises. cap. 33.

The quality of exercise is the diuersitie thereof, forasmuch as therein be many differences in mouing, and also some exercise moueth more one part of the body, some an other. In difference of mouing some is slow, or soft, some is swift or fast, some is strong or vpolent, some be mixt with strength and swiftnes. Strong or vpolent exercises be these, deluing, specially in rough clay, & heauy bearing or sustaining of heauy burthens, climbing or walking agaynste a steepe vprighte hill, holding a rope and climbing vp thereby, hanginge by the handes on anye thynge aboue a mans reach, that his feete touch not the ground: standing and holding vp, & spreading the armes, with the handes fast closed, and abydinge so a long tyme. Also to hold the armes stedfast, causing an other man to assaye, to pull them out, & notwithstanding hee keepeth his arme stee faste,

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inforcing thereunto the synewes and muscles.
Wasting also with the Armes and legges : if
the persons be equall in strength, it doth exercise
the one and the other : if the one be stronger, thā
is it to þ weaker a more violent exercise. All these
kinds of exercises, and other like them, do aug-
ment strength, and therefore they serue onely for
younge men, which be inclined, or bee apt to the
warres. Swift exercise wythout violence is run-
ning, playinge with weapons, tennis, or throw-
inge of the ball, trottinge a space of ground for-
warde, and backward, goinge on the toes, and
holdinge vpp the handes. Also arising vppe
and downe bys armes, wythout plummettes.
Vehement exercise is composed of violent exer-
cise, and swifte, when they are ioyned together
at one tyme, as daunsinge of Galliardes, throw-
inge of the halle, and running after it : Foote-
balle play may be in the number therof, throwing
of the long dart, & continuing it many times, run-
ning in harness, & other like: the moderate exer-
cise is long walkinge or going a iourney.

The partes of the body haue sondry exercises
appropried vnto them, as runninge or goinge
is the most proper for the legges. Throwing of the
armes vp and downe, of stretching them out, &
playing with weapons, serueth mooste for the
armes and shoulders, crouching and resting
oftentymes, as liftinge greate wayghtes, tak-
inge vp plummettes, or other lyke payes on
the endes of stauces, and in lykewyse lifting vp

In every hande a speare or morespike by the ends
spectallie crossinge the handes and to lape them
downe agayne in their places. these do exercise
the backe and loynes. Of the bulke and lunges,
the prope exercise is mouinge of the breath in
singing or crying. The entrailes which bee vn-
derneath the middzeffe, be exercised by blowinge
eyther by constraynt, or playing on shaulmes or
sackbottes, or other like instrumentes which do
require much wynde.

The muscules are best exercised with holdinge
the breath in a long tyme, so that hee which doth
exercise, hath well digested his meate and is not
troubled with much winde in his body.

Finally lowde reading, countersayte battayle,
tenise, or thzowng the ball, running, walking, Ccl.2.
and to shootyng, which in myne opinion exceede
all the other, do exercise the body commodiously.
Alway remember, that the ende of violent exer-
cise is, difficulty in fetchng of breath. Of mo-
derate exercise, alteration of breath only, or the
beginning of sweate.

Moreouer in Winter, running and wasstelynge
is conuenient, In Sommer wasstlyng a litle,
but not running. In very cold weather, much
walking in hoat weather, rest is more expedie-
ent. They whych seeme to haue moyst bodies,
and lue in ydlenes, they haue neede of vyolente
exercyse. They which are leane and chollericke
must walke softly, and exercise themselues very
temperately. The Plummetts called of Galen
Miteres, whiche are now much vsed wth

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greate men beyng of equall weight, & according to the strength of him that exerciseth, are verie good to be vsed fasting, a litle before breakfast or dinner, holding in euery hād a plummet, & listing them downe with much violence, and so he may make the exercise violent or moderate, after the poyle of the plummetts, heavier or lighter, and with much or litle labouryng with them.

Of gestation, that is to say, vvhether one is caried
and is of an other thing moued, &
not of himselfe. cap. 34.

Paul Ac;
gine.
Actius

There is also an other kynd of exercise, which is called Gestation, and is mixte with moving and rest. Forasmuch as the bodye sittinge or lying seemeth to rest, and notwithstanding it is moued by that which beareth it, as lying in a bed, hanging by cordes or chaynes, or in a cradle, sitting in a chaire which is caried on mens shoulders wth stauers, as was the vse of the ancient Romans, or sitting in a boat or barge, which is rowed, rydyng on a horse which ambleth verie easly, or goeth a verie soft pace. The bed, cradle, and chaire caried, serueth for them that are in long and continuall sickness, or be lately recovered of a feuer. Also them which haue the frensy or lycharge, or haue a lychte tertiane feuer, or a cotidiane. This exercise sweetlye aswageth troubles of the mynde, and prouoketh sleepe

leepe, as it appeareth in children, which are racked. Also it is convenient for them, which haue the palsey, the stone, or the goute. Cestacion in a chariote or wagon hath in it a shaking of the body, but some vehement, and some more soft, the soft serueth in diseases of the head, and where any matter runneth downe into the stomacke and intralles. But y^e vehement shaking is to be vsed in the greefes of the brest and stomacke.

Also in swelling of the body and legges in drop-les, palles, migrimes, and scotompes, which is an imagination of darchnes: beynge returned at the end of his iourney, he must sit vp, & be easily moued. I haue knowne sayth Aetius, many persons in such wise cured w^out anye other helpe. Nauigation or rowing nigh to the land, in a calme water, is expedient for them that haue droples, leprites, palles, called of the vulgar people takings and fralles: to be caried on a rough water it is a violent exercyse, & induceth sondry affecti- ons of y^e mind, sometime feare, sometime hope, now coward hart, now hardines, one while pleasure, an other while displeasure. These exercises, if they be wel tempered, they may put out of the body all long during sicknesses: for y^e which is mixt w^o rest & mceutng, if any thing els may, it most excel- lently causeth the body to be wel nourished. Cel- sus doth prohibite Cestacion, where the body fe- Cellus. 2.
leth payn, & in the beginning of feuers, but when they cease, he alloweth it. Wyding moderately and without gritefe, doth corroborate the spirit & body aboue other exercises, specially y^e stomack, it clea-

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seth the senses and maketh them moze quick. It
bett to the breast it is very noppfull, it oughte to
be remembred, & as wel this, as all other kynds
of exercise would be vsed in a whole countrey, &
where the ayre is pure & vncorrupted. Forseene
that he that wil exercise, do go first to the scoole,
for the causes rehearsed in the last chapter.

Of vociferation. cap. 15

The chiefe exercise of the breast and instru-
mentes of the voyce, is vociferation, whych
is syngyng, readdyng or cryyng, wherof is the pro-
perty that it purgeth naturall heate, and maketh
it also subtil and stable, and maketh the mem-
bers of the body substantiall and stronge, resist-
tyng diseases. The exercise would bee vsed of
persons short winded, & them which cannot fetch
their breath, but holdyng theyr necke straight
vpryght. Also of them whose flesh is consumed,
specially about the breast & shoulders. Also which
haue had apothumes broke in their breasts:
Moreouer of them that are hoarse by the much
moysture, and to them which haue quartain fe-
uers, it is conuenient: It loseth the humour that
stikketh in the breast, and dryeth by the moystnes
of the stomacke, which properly the course of the
quartain is wont to byng with him, it also pro-
fiterh them which haue feble stomacks, or do vo-
mit continually, or do breake by sowezenes out
of the stomacke. It is good also for griefes of
the

head. He that intendeth to attempte this exercise, after rest he hath bene at the schoole, & softly rubbed the lower partes, and washed his hands, let him speake with as base a voyce as he can, & walking begonne to syng lowder and lowder, but still in a base voyce, and to take no heede of sweete tunes or harmony. For that nothing doth profite vnto health of body, but to inforce hymselfe to sing great, for thereby much ayre drawe in by fetching of breath, thrusteth forth the brest and stomacke, and openeth and enlargeth the poores. By hegh crying and lowd readyng, are expelled superfluous humours. Therfore men & women hauing their bodie feble, and their flesh loose, and not fyrm, muste reade oftentymes lowde and in a base voyce extendinge out the wyndpype, & other passages of the breath. But notwithstanding this exercise is not vsed alwaye and of all persons. For they in whom is aboundant of humours corrupted, or be much diseased with cradity in the stomacke & veynes, those do I counsaile to absteyne from the exercise of the voyce, lest much corrupted iuice or vapoours may thereby be into all the bodie distributed.

And here I conclude to speake of exercises, which of them that desyre to remayne longe in health is most diligently, & as I might say, most most scrupulously to be obserued.

Chap. 4. The

THE THIRD

BOOKE.

Of Repletion, cap. i.



Repletion in a superfluous abundance of humours in the body; and that is in two manner of wise, that is to say, in quantity and in quality: in quantity, as where all the foure humours are more in abundance, then bee equall in proportion to the body that containeth them, as where one humour much exceedeth the remnant quantity: In quality, as where the blood or other humour, is hotter or colder, thicker, or thinner, then is convenient unto the body. First, where all the humours being superfluously increased, filleth and extendeth receptores of the body, as the stomacke, the beyves, and bowelles, and is most properly called fullnes, in Greeke Plethora in Latine Plenitudo, signifieth. The other is where the body is infarfed either with choler, yelow or blacke, or with flume or with watry humours, and is properly called in Greeke Cacothimia, in Latine Vitiatus humor, in English it may be called corrupt iuyce, I will not here wryte the subtil and abundant definitions & descriptions of Galen in his booke de plenitudine, and in his commentaries vpon the aphorismes of Hippocrates. For it shall here suffice

suffice, to shew the operations of repletion, good
 or ill, remitting them which be curious, and de-
 syre a more ample declaration to the most excel-
 lent workes of Galen, whereto may be satisfied, li. 2. Aph.
 if he be not determined to repugne against tra. apho. 12.
 son. Hippocrates sayth where meate is recei. Vbi cibus
 ued much about nature, that maketh sickness, præter na-
 Galen declaring that place saith: more meate rursus plus
 then accordeth with nature's measure, is named ingestus
 repletion. And after ward he expounded that est, hic
 worde about nature, to signifie to much and su. morbum
 superfluously, as who saith, wher the meate is su. facit.
 perfluously taken, it maketh sickness. For meate Galen in-
 but a litle exceeding temperance, may not forth comment
 with make sickness, but may yet kepe the body loco præ-
 within the latitude or boundes of health, for the dicto
 meate that shal make sickness, must not a litle ex-
 cede the exquisite measure. The incommoditie
 which happeneth therby is that moistnes is too
 much extended, and naturall heate is debilitate.
 Also naturall heate resoluerh somewhat of the su-
 perfluous meate and drinke. And of that which
 is resolved of meate vndigested, proceedeth fumo-
 sty grosse and vndigested, which ascendunge by
 into the head, and touching the tym wherein the
 brayne is wrapped, causeth headache, trembling
 of the members, daskyness of the sight, and
 many other sicknesses, also by the sharpnes ther-
 of, it pricketh and annoyeth the synawes, which
 make sensibillie, the rootes of whome are in the
 brayn, & fro thence passeth through all the body.
 Finally, the sayd fumosity ingendred of repletiõ
 percing

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percing the innermost part of the sayde sinewes called sensible, greuously annoyeth the power animal, there consisting, by the occasion whereof, vnderstanding and reason, as to the vse of them are let and troubled.

And also the tounge which is reasons expositor, is deuyed of his office, as it appereth in them which are dronke, and them which haue greuous paynes in their heade, proceeding of repletions. Signe of repletion be these, losse of appetite, Delyte in nothing, sloathfulness, dulnes of the wit and senses, more slepe then was accustomed to be, cramps in the bodie, Sterting or salutation of the members, fulnes of the beynes and thicknes of the pulses, horrour or shrouelyng of the bodie mixt with heate. The remedies are abstinence and all euacuation, wherof I will make mention in the next Chapter.

Oribasius
Aporiston
lib. 1

Of Euacuation. Cap. 3

The meates and drinkes receiued into the body: If the stomache and liuer do their naturall office be altered by concoction and digestion in such wyse, that the best part thereof goeth in the nourishment of the body. The worst beyngs seperate by the members officiall, from the residue are made excrements in sondry formes and substances which are like in qualitey to the naturall humour which they containe most in the body.

These

These excrements be none other, but matter superfluous, and vnſauery, which by naturall powers may not be conuerted into fleſh, but remaining in the body, corrupt the members, & therefore nature abhorring them, deſpizeth to haue them expelled. These excrementes be three in number ordure, hyrne, humoure superfluous. Moreover ther be two sortes of ordure, that is to ſay, one digeſted, which paſſeth by ſiege, the other vndigeſted, which is expelled by vomite. Where I ſay digeſted, I meane that it is paſſed the ſtomack & turned into an other figure. Likewise I call that vndigeſted, which ſtil remaineth the figure of meate,

Ordure

Digeſted,

Hyrne is the watry ſubſtaunce of the bloud, like as whey is of milke, which out of the meat that is altered and concoct or boyled in the ſtomacke is ſtrayned in the veins called Miſeraice, which procedeth from the holow part of the liuer, and ſent by the rayns into the bladder, paſſeth by the inſtrument, the which is ordayned aſwel to that purpoſe, for generation.

Urine.

Humour ſuperfluous is in three ſortes, either mixt wpth any of the ſoure humours, called naturall, or els it is gathered into the hyrne, or it is betwene the ſkinnes and the fleſh, or lyeth among the ſinewes, Muſcles or ioynts. Of humours ſome are moze groſſe ſome are cold, ſubtil & hoat, & are called vapours. Now for to expell the ſaid excrementes, are .9. ſundry kinds of euacuation, that is to ſay, abſtinence, vomite, purgation by ſiege, letting of bloud, ſcarifying called cupping, ſweating

Humours
ſuperfluous.

prouo

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prolocatio of byrne, spitting, bleeding at the nose
or by hemeroides. And in women their naturall
purgations. Of these euacuatiōs I will bytestie
declare, with the commodities, which by the dis-
crete vse of them do happen vnto the body.

Of abstinence. cap. 3

Cor. cel
lib. 2.

Hipo. 2-
phor. li. 7.

Consider-
ations in
abstinence

Aph. lib. 1
Gal. in
comment.

ABstinence is a forbearinge to receiue anye
meate or drynke. For if it be but in parte,
itis rather then called temperance then absti-
nence. It ought to bee vsed onely after replectiō,
as the proper remedy therfore. And then if it bee
moderate, it consumeth superfluities: & in consu-
ming them, it clarifyeth the humours, maketh
the body sayre coloured, and not onely kepeth
out sicknes, but also wher sicknes is entred no-
thing more helpeth if it be vsed in season. To the
which haue very moist bodies, hunger is right
expedient, for it maketh them more dry, notwith-
standing ther ought to bee considerations in the
meate before eaten, in the age of the person, in the
tyme of the yeare, & in custome. First in the meate
before eatē, if it be much in excess, or very grosse
or not much exceeding, or lght of digestion, and
according therunto woulde abstinence more or
lesse be proportioned. Concerning age, Hippo-
crates sayth, old men maye susceyne fastyng ea-
sily: next vnto them, men of myddle age, younge
men maye worse beare it, children worst of all.
Specially they that bee lusty, notwithstandinge,
here Galen correcteth Hippocrates saying: that
we should haue excepted men very olde, who, as

expe-

experience declareth, must eate often and little.
 As touching tyme it must bee remembred, that
 in winter and spring tyme, the stomackes be na-
 turally very hoat, and sleape is long, and there-
 fore in that tyme meates would be more aboun-
 dant, and although much be eaten, it wil be soo-
 ner digested. Wherefore abstinence would not bee
 then so much as in Sommer, albeit, to absteyne
 much in Sommer, except it be after repletion,
 Damascene sayth, it dyeth the body, it maketh
 the colour salow, it ingendreth melancholy, and
 hurteb the sight. Whoeuer custome may not
 be forgotten, for they which be vsed from child-
 hood, to eate sondry meales in the day, would
 rather be reduced to fewer meales, & little meat,
 then to be commaunded to absteyne vicerly, to the in-
 iury that nature to which is made by custome, be not
 rebuked, and the power digestiue thereby debili-
 tate. And note wel, by to much abstinence, the
 moisture of the body is withdrawen: and con-
 sequently the body dyeth, and waxeth leane, na-
 turali heate, by withdravynge of moisture is to
 much incended, and not sendinge humoure to
 worke in, turneth his violence to the radicall or
 substantiail moisture of the body, & exhausting
 that humour, bringeth the body into a consump-
 tion. Wherefore Hippocora. saith, that to scarce an
 exquisite an order in meat and drinke, is for the
 more part more dangerous then that which is
 more abundant. Contrariwise moderation in
 abstinence according to the sayd considerations
 is to health a sure bulwarke.

Damascene
 apho.

Apholi. 2.

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Of vomite. Cap. 4.

Actius
lib. 3.

The meat or drinke superfluous, or corrupted, in the stomacke, is best expelled by vomite, if it be not very greivous to him which is diseased. Also the moderate vse of it purgeth fleume, lighteth the head, causeth that the excesse of meates or drinckes, shall not annoy or bring sickness. Moreover it amendeth the effectes of the raies, bladder, and the fundement. It also helpeth against teppies, cankers, goutes, droples, and also dyuers sicknesses proceeding of the stomacke. For if any grieffe happeneth of the head, vomite is then uncommodious, It is better in wynter than in somer. Also good for them which are replete, or very cholericke, if they haue not well digested, but it is ill for them, that bee leane, or haue weake stomackes. And where one feelth bitter vapours rising out of his stomack with grieffe and weightines in the ouer partes of his bodie, let hym run forth to this remedy.

It is also good for him that is hart burned, and hath much spittle, or his stomacke wambleth, and for him that remoueth into sondry places.

Cor. eel
lib. 1.

Yet I counsaile sayth Celsus, him that will be to health, and would not be so soone aged, that he vse not this dayly. And I my selfe haue knowne men which dayly vsing it, haue brought thereby their stomacks into such custome, y what so euer they did eate, they coulde longe retayne it, whereby they shorten their liues. Wherefore it would not be vled, but onely where greate sur-

set,

let, or abundance of fleame do require it. He that
will vomit after meate, let hym drynke sondrye
drynkes myxt together, and first of all, warme
water: or if that be to easie, let him myxe there-
with salt, or hunny. If he will vomit fallinge, let
him drynke water and hunny sodden together, or
Alope with it, or eate of a Radishe roote, and
drinke warme water vpon it. Also water wherein
radishe is boyled, & afterwarde prouoke hymselfe
to it. They that will haue more violent purga-
tions, I remit to Physicians learned.

But yet I doe earnestly warne them, that therein
they be circumspect, and doe not much vse it.

Moreouer in vomits, the matter brought forth,
woulde be considered, accordinge to the rules of
Hippocrates, in hys seconde booke of pronostica-
tions, that is to say, if it bee mixt with fleame &
choller, it is most profitable, if it be not in very
great quantity, nor thicke, the lesse mixture it hath,
the worse it is. If it be greene like to lieke blades
thin or blacke, it is to be iudged ill.

Hipo.
præ sag.
2. cap 7.

If it haue all colours, it is extreame perillous.
If it be leady coloured, & sauoreth horribly, it sig-
nifieth a short abolition, or dissolution of nature.
For as Galen affirmeth there, in his comment,
such maner of vomit declareth corruption with
extincting of nature. Also euery putrified & stin-
king sauoure in vomit is ill. These thinges bee
right necessary to be looked for where one doth
vomit without any difficulty: but to enforce one to
vomit, which cannot, is very obious and to be ab-
horred.

Galen de
locis affe-
ctis. l. 1. c. 2.

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Of purgation by siege. cap. 5

Cel. lib. 1
Aetius
lib. 3.

If the heade be heauy, or the eyes dymme, or if there be payne felt of the cholicke, or in the lower part of the belly, or in the hippes, or some cholericke matter or sicume in the stomack. Also if the breath be hardly fetched, if the belly of him selfe senderth forth nothing, or if being costue, one feelerh ill sauour or bitternes in his mouth, or that which he maketh hath an horrible sauour, or if abstinence do not at the fyrst put awaye the feuer, or if the strength of the body may not susteyne letting of bloude, or els the tyme therfor conuenient is past, or if one haue dronke muche before his sicknes, or if he which oftentimes unconstrayned hath had great sieges, be sodaynlye stopped: In all these cases, and where it is paynfull to vomit, and in gnawing or frettinges of the stomacke, finally in all repletions, where a man cannot or wil not be let bloude or vomite, it is expedient to prouoke siege by purgations, which are to be receiued by two wayes: bpward at the fundement by suppositoyses or clisters.

Downward at the mouth by potions, electuaries, or pilles. Suppositoyses are vled where the patient is weake and may not receiue any other purgations. Sometime for as much as the strait gutte is stopped with excrementes, which are drye and hard, sometime where there needeth none other purgation, specially in burning feuers, whereof the matter ascenderh into the heade, then clisters may do harme, and by the
be

benefite of suppositoꝝ excrements are brought forth without any annopauce. And oftentimes it byngeth forth þ which clisters may not. Suppositoꝝ are made sometyne with hony onlpe, sodden rolled on a boꝝd and made round; smaller at one end then at the oþer, and of the length & greatnes, accordyng to the quantyty of the body, that taketh it

Sometyne there is mixte with the honye, salte dyed, oꝝ salte and pepper oꝝ the pouder of such thinges as do eþther purge the humour which offendeth, oꝝ dissolueth grosse wyndes, oꝝ other matter, they be sometyne made with rollin, pitch, waxe, oꝝ gummes, sometyne of rootes, oꝝ the leaues of greene Mercury very smal brused. Also with figges oꝝ rapsons, the stones taken out, oꝝ of whyte sope made in the figure aforesayd, & being made in the fourme aforesaid they must be put in at the fundemēt to the great end, & the patient must kepe it there the space of halfe an hower oꝝ moze.

Clisters are made of licoure sometyne symple, as water sodden, mylke, oyle oꝝ wyne, sometyne mixte as water and oyle togeather, oꝝ decoctions as where herbes, rootes, fruits, seedes, oꝝ gummes, hauing property to make soft, dissolve, draw forth oꝝ expel matter þ greueth, be boyled, and the licoure therof sometyne warme, sometime hoat, is receaued at the fundamēt into the booy by a litle pipe of gold oꝝ siluer, iuoy oꝝ wood, therfore oꝝ dayned & called a clister pipe. This is necessary where the stomacke is weake & may not susteine
I
working

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kyng of medicines receyued at the mouth also in feuers, collickes, and other diseases in the Bowels, grieve in the raynes of the backe or huckle bone, ventosities in the belly, inflammation or ulceration in the Guttes or Bladder, It is a conuenient, & sure medicine, and least hurte both ensue of it. The making and orderyng therof, I wyl omittle to wyte in this place, partly that I would not that Physicians should to much note in mee presumption, partly that an other place may be moze apte to that purpose.

The particuler commodities of euery
purgation. Cap. 5.

In potions, electuaries, and pyles oughte to be much moze obseruation, than in clysters or suppositoies, for as much as these doe enter no further than into the gutte where the ordure lyeth, & by that place onely byngeth forth the matter which causeth disease. But the other entryng in that way that meates and Wyndes do, cometh into the stomacke, and there is boyled, and sent into the places of digestion, and afterward is mixt with the iuice, wherof the substance of the Bodie is made, and expelling the aduersarye humours, somewhat thereof doubtlesse remaineth in the Bodie. Wherfore menne haue neede to beware, what medecynes they receyue, that in them bee no venenosite, malice or corruption, leasse for the expelling of a superfluous humour, which perchaunce good diet or some boyles made of good herbes, or the said

euacuatio, with supposito^{ry} oz clister, might bring forth at leasure, by desiring of two hasty remede, they receiue in medicine, that which shall ingender a venemous humour, and vneuitable destruction into all the body. And therefore happy is he which in sickness findeth a discret & well learned Physician, & so true a Apothecary, & hath alway drugges vncorrupted, & whom the Physitian may surely trust to dispence his things truly.

But now to returne to the sayd forme of purgation, I will nowe set forth some counsailes, concerninge that matter which I haue collected out of the chiefe Autho^{rs} of Physicke.

Bodles hoat and moyste, may easily sustayne purgation by the stole. They which be leane oz thinne, hauinge the members tender, may take harme by purgations. To men that are chole-rike and them that eat litle, purgations are grieuous. In yonge children and olde men, it is dangerous to loole much the belly.

To them that are not wont to it, purgation is noysful. He & liueth in a good order of diet, needeth neyther purgation nor vomit.

After that the purgation, hath wrought, thyrs-tesse, and sounde sleape be signes that the bodye is sufficiently purged. By daily taking of medicines, Nature is corrupted. When yee will purge any thyng, make firste the matter flowinge and soluble. Medicine to purge oughte not to bee mingled wth meate, but to be taken foure houres at the leasse before meales, oz three houres after meales except certayne casse

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pilles make to clense and comfort the stomacke,
which would be taken at the beginninge of sup-
per, or after supper, a litle before that one go-
eth to bed, making a light supper or none.

After purgation taken, the pacient shoulde rest
and not walke vntil the medecine hath wrought
nor eate nor drinke in the meane space. These
things haue I remembred because I haue kno-
wen right good phisitions, to haue forgotten to
instruct therof their patientes. Now will I set
forth the table of suche things which of theyr
property do digest, or purge superfluous hu-
mours particularly which I haue gathered out
of the bookes of Dioscorides, Galen, Paulus
Aegineta, Oribasiu and Aetius, & other late
wyters: notwithstanding, I haue not written
all, for as much as ther be dyuers things, wher
unto wee haue not yet found any names in En-
glish.

Digestiues of choler.

Endiue
Lettise.
Cycory,
Scabiose
Mayden hayre
Malowes
Mercury
The tyce of pōgra-
nades.
Purilane
Poppe.

Barberies

Roses
Violets the leafe and
flower
Sorrell
Liue wort
Sorel de boyse
Whay clarified
The foure great colde
seedes, that is to say, of
gourdes cucumbers,
melones, and citrullus
Pallum.

Vineger.
Saunders,
Barly water.
Quines
Tamarindes.

Purgers of choler.

Wild hoppel
Wormwood
Centoze
Cumptoz
Whay of butter.
Violets
Mercur
Quines
Juice of roses.
Eupatoze
Tamarindes! halfe an
ounce in a decoction.
Manna, 6. Drammes at
the least, and so to 25.
in the breath of a hen.
oz capon.
Rhubarbarum by it
selfe frō 2 Drams vnto
4. infused oz steeped in
licoure, from 4 Drams
vnto 8.

Digestiues of fleume.
Fenell.

Perseley the rootes.

Smallage
Capers
Lawzell
Senuie
Puly
Matozam.
Pentrotall
Wild parsnip seeds.
Ment.
Pympernel
Rozemint
Gladen
Agrimony
Calamint
Nep.
Betayn
Sage
Radish
Mugwort.
Juniper
Ilope
Spony
Baulme.
Hony.
Ginger,
Soutilla.
Nolochia.
Cinamome.
Pepper.
Cumine.

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Purgers of fleume	The broath of coleworts light boyled.
Centory.	Baulme mint.
Petle.	Sticados.
Agrimony.	Tyme.
Alder.	Scene boyled in whyte
Polipodiu of the oke	wine or in the broath of
Strabolant kebuly,	of a henne.
infused from halfe an	Lased sauerye
ounce to an ounce,	Cythimus.
2. drammes, in sub-	Untwought like.
stance from 2 dramms	Organum.
to halfe an ounce	Calamynt.
Agaricus, fro a dram	Boorage
to two dramms infused	Haries rounge.
from 2. drammes	Quickbeme.
to flue.	Maydenhayre.
Precos.	with wind.
Maydenhayre	Dallal mountayne.
Sticados.	Hony.
	Suger.

Purgers of melan
choly.

Melancholy for the thinnes and subtilnes of
the humour needeth no digestiue.

They which will take sharpe purgations, or
compounde with diuer things let them take
the counsaile of an honest and perfect Physitian
and not aduenture to mixe things together
without knowing the temperance of them in
degrees

degrees and that he can proportion them to the body that shal receiue them in simples, as they be written. And so he may vse them without perill, agaynst the humors whereunto they serue.

Letting of blood. Cap. 9

The part of euacuation by letting of bloude is incision or cutting of the veine, whereby the blood, which is cause of sickness or griefe to the hole body, or any particular part therof doth most aptly passe.

The commodities wherof being in a moderate quantity and in a due tyme taken, bee these that folowe, it clarifieth the witte and maketh good memozy, it clenseth the bladder, it dryeth the brayne, it warmeth the marowe beinge in the bones, it openeth the hearing, it stoppeth teares or droppinges of the eye, it taketh awaye lothsomnes, and confirmeth the stomacke, it nourisheth that which is proper to nature and the contrary expelleth. It is thought that thereby lyfe is prolonged, and the matter making sickness shortly consumed. Wherfore letting of blood is not onely expedient for them which are full of blood, or haue abundance of strength, but also for them in whom without plentitude called fulnesse inflammations beginne to be in their bodies or by some outward stroake, the blood being gathered within by collection therof do feele griefe or disease.

Also where there is much payne feite,

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of debility of some member, wherof is supposed to be ingendred some greivous disease. More ouer they which vse excesse of meats & drinkes may be cured by lettynge of bloude.

But those which be temperate, keeping good diet be holpen without lettynge of bloude; as by fricasses, vsynge of bathes, exercise, walking, and ryding moderately. Also vnctions with oyles & oymments called Diaphoretice, which by euaporation, do shortly euacuate the fulnes.

Albeit, if the fulnes be of melancholy bloud, then alway needes must be lettynge of bloud.

Abundance of melancholy bloud is knowen by these sygnes. There is felt within the entrails, or within the bulke of a man or womā, a waigh-tines with tension or thrusting out ward, and all that part which is aboue the navel, is more heauy then it was wont to be, also much byrne and fatty, the residence or bottome thicke, troblous and fat, sometyme black poulches or boiles, with inflammation & much payne. These must be shortly let bloude, and the melancholy humour purged by slege. They which haue crude or rawe humours must be warily let bloud, befoze that sickness ingender but hauing y^e feuer in no wise.

Actius. li. 3

Concerning lettynge of bloud, these thinges following would behad in continuall remembrance, and be afoze thought on. In abundaunce of the bloud, the qualite and quantity, the greatnes of the sickness, and if it be present or looked for. Also the brete proceedinge the age and strength of the person, the naturall source of

his

his body the time of the yere, the region or countrey, the present state of the ayre, the disuse of accustomed exercise, the ceassing of euacuations used before. In qualitie consider, of what humour the fulnesse proceedeth. In quantitie the abundance of that which is to be purged. In sickness if it be dangerous or tollerable, if the sickness be present it requireth the more diligence, if it be looked for, it may be the better proportioned. In diet, the custome in eating & drinking, must be specially noted. In yongmen & women letting of blood would be more liberall. In olde men and yonge children, it would bee scarfer: Strong men may susteine bleeding, they which are feeble, may not indure it. Large bodies haue greater vessels, than they which be litle. Leane men haue more blood, corpulent men haue more fleshe. The time of the yere must be specially marked. For in the beginning of springe time it is best lettinge of bloude as *Dibassius* sayth, and so doth continue after the opinion of *Arnold*, vnto the 8. kalendes of *Inne*, *Pettus* affirmeth, that in winter, or in a cold countrey, or where the person is of a very cold nature, the veines should not be opened.

And *Damascene* sayth: They which in youth haue used to bee much let bloude, after they bee thzee score yeres olde, their nature waxeth colde, if they were of a colde complexion, but that is to bee vnderstode, where they that are in health, are often let blood. For in the lapse from health and in diuers diseases, wherein the bloude is

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corrupted, or where it ingendreth impostumes
or resorteth to any place, wher it ought not to be
or passeth by any other conduite then nature or
dayned, or where it is furious or inflamed, or by
any other meanes, breedeth greuous diseases, in
all these cases it ought to be practised, yea some
tyme in aged persons, women with childe, and
young infantes. For in extreme necessity it were
better experience some remedye, then to do no-
thing. All other thinges concerning this matter
pertayne to the part curatiue, which treateth of
healping of sickness, wherof I will not now speak
but remit the readers to the counsaile of discrete
Physitions.

Of scarifying called boxing or Cuppinge. Cap. 7

Forasmuch as it is not conueniente to be let
bloud oftentimes in the yere because much
of the vital spirit passeth forth with the bloude
which being exhaust, the body waxeth colde, &
naturall operations become the more feble, I
therefore do counsaile (sayth Galen) that the
base partes of the body, as the legges be scarifi-
ed, which is the most sure remedye, aswel in con-
seruing health as in repayring therof being de-
cayed. For it cureth the eyne being annoted with
long distillations, it profiteth also the head and
ouerpart of the body agaynst sondry diseases, in
what member the bloud is gathered, the body
being first purged by scarification, the greife may
be cured.

Also Dithastus affirmeth the same, & also ad-
deth thereto y^t it helpeth squinances ., or quinces
in the throat, and dissoluethe the constipations or
stoppiages made of all places, if the places bee
scarified, notwithstanding application of boxes
about the stomacke in hoat feuers, where reason
is troubled are to be eschewed for feare of suffo-
cation. Like wyle put to the head vndiscretelye,
it hurteth both the head and the eyes. The late
Authors do affirme, y^t scarifying is in the Steele
of letting blood, wherfore age, debility, or time
of the yeare, or other like consideration a man
may not susseyne blood lettinge, and it bringeth
forth in the thynne blood, whiche is nexte to the
skynne.

Of blood suckers or leaches. Cap. 8

There is also an other forme of euacuation
by wormes found in waters called bloude
suckers or leaches, which being put into the bo-
dy or member do draw out blood.

And there drawing is more conuenient for fulnes
of blood then scarifying is, for as much as they
fetch blood more deeper, and ys more of the
substance of blood, yet the opinion of some mē
is, that they do draw no bloude but that which
is corrupted and not proportionable vnto our
bodre. And therefore in griefes which hap-
pen betweene the skin and the flesh of blood cor-
rupted, these are more conuenient then scarifi-
ying. But therefore that they be put vnto any
part of the bodre, they must bee firste kepte all
one

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on day before, geuing vnto them a litle bloud in
fresh fleshe. And then put them in cleane water
somewhat warme, and with a sponge wype a-
way the slime which is about them, and then lay
a litle bloud on the place greened, and put them
then to it, and lay on them a sponge, that when
they be full, they may fall away, or if ye will soner
haue them of, put a horse haire betweene their
mouthes and the place, and draw them away, or
put to their mouthes salt, or ashes or vinegar,
and forthwith they shal fall, and then washe the
place with a sponge, and if ther do issue much
bloud, lay on the place the powder of a sponge,
a pitch burned, or linnen cloth burned, or gaules
burned, or the hearbe called *Bursa pastoris* bru-
ised. And this suffiseth concerning bloud suckers.

Of Hemeroides or pilles.

Cap. 9.

Hemeroides be heynes in the fundament of
whom do happen sundry passions, some-
tyme swellinge without bleeding, some-
tyme superfluous bloud by the puissance of na-
ture is by them expelled, and then bee they ve-
ry conuenient, for by them a man shall escape ma-
ny great sicknesses, which be ingendred of cor-
rupted bloud, or of melancholy. Semblable
if they be hastily stopped from the course which
they haue bene vsed to, thereby do increase the
sayd sicknesses, which by them were expelled,
as dropsies, consumptions, madnesse fran-

ness, and diuers diseases of the heade, and other sicknesses: palenesse of the Visage, gritefe in the raynes of the back, and thighes. And if they flow to much, there insueth feeblenes, leannesse of the body, alteration of colour great paynes in y^e lower partes of the body. And if the fluxe be vnmoderate, it ingēdrezeth mischieuous diseases. Wherefoze it would be diligently taken heede, that they runne in measure, or els to vse some things moderately, which may restrayn them. Concerning other euacuations, I do purposely omit to write of the in this place, for as much as in this realme it hath bene accompted not honest, to declare the in the vulgar tongue, but onely secretly.

Of affectes of the minde. Cap, 10.

The last of thinges called not naturall, is not the least parte to be considered, the which is of affectes and passions of the mynde. For if they be immoderate, they doe not only annoy the body and shorten the lyfe, but also they doe appayze, & sometime loose viterly a mans estimation. And y^e much more is, they bring a man from the vse of reason, and sometime in the displeasure of Almighty God. Wherefoze they do not only require the help of Whitticke corporall, but also the consyle of a man wyse and well learned in morall Philosophy.

Wherefoze after that I haue recited what they bee, I will bryefly declare such counsailes as I haue gathered. And as concerning remedy

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of Physicke saving a fewe Examples, which do comfort the heart & spirits, the residue I will remitte to the consayle of Physitions, like as I have done in euacuation. Affects of the minde whereby the body is annoied, do bying in sickness be these, Ire or wrath, heuines or sorrow, gladnes or reioysing

Of Ire, Cap. 11.

Ire is kindled in the heart, inordinately chafing the spirites there, and than is sente forth into the members, & doth superfluously heat them, and disturbeth reason where the bodie be hoate afore, wher naturall heate is feeble, the heat may not be disperfed vnto the extreme parts, & then doth the extreme members, that is to say which is farre from the heart remayne colde & trebling. Of this affection cometh sometime feuers, sometime apoplexis, or priuation of senses, trembling pallsies, madnes, fransies, deformity of visage: and that worse is, outrageous swearing, blasphemy, despze of vengeance, losse of Charite, amitye, credence, also forgetfulnesse of benefyte proceedinge, and of obedience, durtie, and reuerence. These also do succcede, contention, chargeable suite, briguetnes of mynde, lacke of appetite, lacke of sleepe, feeble digestion, Scoorne, Disdayne, and hatred of other, with perill of losing of all good reputation. These incommodities of Ire, perfectlye had in remembraunce, and at the first motion thereof on theim thought on

on may happen to bring in his fellowes, and
thereby the flame may be quenched, or let hym
that is angry even at the firste consider one of
these thinges, that lyke as he is a man, so is al-
so the other, with whome he is angry, and there-
fore it is as lawfull for the other to be angry as
unto hym, and if he so bee, then shall the anger be
to him displeasunt and styre him more to be an-
gry. Whereby it appeareth that yre is to him lo-
thesome. If the other be patient, then let him ab-
horre that thyng in himself, the lacke whereof in
the other contenteth him, & asswageth his malice.
Whoeuer let him before, that occasiō of yre doth
happen, accustom himself to behold a marke wth
them that be angry with the successe of that an-
ger, & ruminatē it in his mynd a good space af-
ter. And in that tyme, let him remember, howe
Christ, the sonne of God, and God, who (as hee
himself sayd) might have had of God his father,
if he would have asked them, legiōs of Angels,
to have defended him, yea wth lesse then a wink
myghte have slayne all hys aduersaries, yet hee
notwithstandinge rebuked, scorned, falsely ac-
cused, plucked hither, and thither, striped, bound
den wth halters, whipped, spitte on, buffetted,
crowned wth sharpe thorne, laded wth a heauy
piece of ymber, his own propre tournament, ha-
len and driven forth lyke a calfe to the slaughter
house, & stones beaten, and overthrowen, re-
ched forth wth Ropes, armes and legges layd
on the Crosse, and thereunto wth longe prom-
nays throughe the handes & feete nayled wth
nails

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many strokes of hammers with many prickings
or euer the nayles might perce by his tender and
most blessed fleſhe and ſnewes, quite through the
hard timber, vp to the heads of the nayles : and
all this being done for the offence of mankind, &
not his : yet with the men which did it, his most
bounty countrey men, his most bunnaturall kin-
men, whom he first made of nothings, preserved
by miracles, deliuered from perills, and cured of
diseases, in all his vexation and trouble, he was
neuer seene or perceyued angry. If one will say,
that anger is naturall, let him also consider that
in Christs manhood were all naturall powers.
If he will say, that pr is taken of courage, and
in Christ it lacked not, whom both aungelles &
Devilles trembled and feared. The premises
often reuolued, and bozne in the mynde. I will
not say, shall utterly extince all motions of wrath
which is not possible, but it shall when it kind-
leth lightly repress it, & let that it shall not grow
into flame. And in speaking here of wrath, I doe
not meane that which good men haue agaynst vi-
ces : or wyse and discret gouernours & maystres,
agaynst the defaults or negligences of their sub-
jects or seruants, vsed in rebuking them, or mo-
derately punishing them. For that is not properly
pr, but rather to be called displeasure, & is that
whereof God speaketh by his Prophet Dauid
saying, Be you angry & do not sinne. And of that
maner of anger hath bene dyuers holy men, pro-
phettes and other. And it appeared in Christe,

when

when he drave out them which made their market in the holy temple of God, where there ought to be nothing but prayer. And in likewise when he rebuked the hypocrites. But if none of these things may come so shortly to his remembrance, that is moued with anger, at the leasse, let him think on the lesse that Appollodorus, the Philosopher taughte to the Emperour Octavian, that befoze he speake or doe any thing in anger, he do recite in order, all þ letters of the A. B. C. and remooue somewhat out of the place that hee is in, & take occasion to bee otherwise occupied. This shall for this tyme suffice, for the remedies of pre: And he that will know more of this matter, let him read in my worke called the Gouernour, where I thereof do write more abundantly.

Of Dolour, or Heauines of mynde
Capi. 12.

There is nothinge more ennemy to life, then sorrowe, called also heauinesse: for it exhausteth both naturall heate and moisture of the bodye and doth extenuate or make the bodye leane, bulleth the wit, & darkneth the spirites, letteth þ vse and iudgement of reason, and oppresseth memory. And Salomon sayth: that sorrowe dryeth vp the bones. And also like as the moth in the garment, & the worme in the tree, so doth heauines annoy the heart of a man. Also in the booke called Ecclesiasticus. Sorrow hath killed many, and in it selfe is found no comodity. Also by hea-

Pro. 17

& 25.

Eccle. 25.

& 38.

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uines death is hastened, it hideth vertue of
 strength, and heavines of hart boweth downe
 the necke. This is so puissant an enemy to na-
 ture & bodely health, that to resist the malice &
 violence therof, are required remedies as wel of
 the holefome counsailes found in holye Scrip-
 ture, and in the booke of mozaill doctrine, as also
 of cerayne herbes, fruites, and spyes, hauinge
 the property to expel melancholike humours,
 to conforzte and kepe liuely the spyes, which
 haue their proper habitation in the hart of man,
 and moderate nourishing of the naturall heate
 humour called radical, which is the base of foun-
 dation, whereupon the lyfe of man standeth, and
 that sayling life, fallerh into ruine, and the body
 is dissolued. Now first I will declare some re-
 medyes agaynst sorrowfulnes of hart, concerning
 necessary counsaile. Sometime this effect hap-
 peneth of ingratitude, either where for benefite
 or speciall loue employed one receiveth damage
 or is abandoned in his necessity, or is deceiued
 of him whom he trusted, or findeth hym of whome
 he hath great expectation, forgetful or negligent
 in his commodity, or perceiveth the person whome
 of long tyme he hath loved, to be estranged from
 hym, or to haue one of a later acquaintance in
 more estimation. This affection nipperh the
 hart, yea of most wyse men, for they loue most
 hartely, not prouoked by carnall affection, but
 rather by good opinion, ingendred by continuall
 of honest studies and vertuous manners of lon-
 g tyme mutually expetenced. And it is not only
hart

into man greivous, but also unto God most displeasing and odious, as it is abundantly declared in scripture. Wherefore the person which feeleth himselfe touched with this effect, before that it groweth into a passion, and waxeth a sickness, let him call to remembrance these articles following, or at the least wyle, some of the for every eche of them may ease him, though perchance they cannot forthwith perfectly cure him. Consider, that the corruption of mans nature is not so much declared in any thing as in ingratitude, whereby a man is made worse then diuers brute beastes. The Asseant or Emor helpeth by his fellow, whom he seeth ouerthrowen with burthen or by other occasion.

Counsels
against in-
gratitude.
Appianus
in varia
historia

Also when Elephantes do passe ouer any great water: the greatest and most puissant of them deuide themselves, and setting the weakest in the middle part, go before trying the depenesse & perils, part come after, succouring the weakest or least with their long noses, when they see them in danger. The same beastes haue bene sene not onely to bring men out of deserts, which haue lost their wates, but also renewing the displeasures done to them which gaue them meat as one that slew him which had committed aduoutry with his maysters wyle.

The terrible Lions and Panthers haue bene sene in their maner to render thanks to their benefactors, yea and to abiect their owne bodies and liues for their defence. The same we maye dayly beholde in our owne dogges.

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Then in whom thou findest the detestable vice of ingratitude, repurtinge him amonge the worst sortes of Creatures, thinke not that thou hast lost a friend but thinke that thou arte deliuered from a Monster of nature, that deuoured thy loue, and that thou art nowe at liberty and haste wonne experience to chole thee a better. But if this may not suffice, then erstsoone consider that if thou looke well on thy selfe, perchance thou mayst finde the fault whercof thou complaineest, within thine owne bosom. Call to thy remembrance if thou hast alway rendered vnto euery man comdigne thanks or benefite, of whom thou hast kindness receiued, or if thou hast alway remembered, euery one of them, that haue done to thee any commodity or pleasure. Thou shalt well perceiue, what thinge that thou receyuedst in childhoode, thou forgettest or diddest little esteeme, when thou camest to the state of a man. And what thou diddest remember in youth, in age thou diddest little think on: thy nurses Dap, her rockings, watchings, thou hast not alway remembered or equally recompensed. The Schoolemasters study, his labour, his diligence in a lyke degree, thou hast not requited. What greater friend hast thou had of whom thou couldest receiue any greater benefites, then the nourishing & preserving of thy life in thy most feeblenes, thine erudition, whereby thy nature was made moze excellent. Remembering this, leaue to be angry or sorrowfull, for so cometh a vice: yet if it cease not to greue thee, consider

the ingratitude that doth bere thee, to that ingratitude which was shewed by the Israelites, who God chose for his owne people, deliuered from seruage, shewed for them wonders, preserved the forty yeares in desert, destroyed for them kings, gaue to them the country which flowed with milke and hony, defended them agaynste all outward hostility, sent vnto them such abundance of riches, that siluer was in Hierusalem, as stones in the streete, and his tabernacle, and afterward his most holy temple among them which he did dayly visite, with his deuyne matchly made their kynge to raigne gloriously, and spake with their Prophets familiarly, & corrected their errours most gently, and yet for all this they embracinge the Payntins Idolatrye, they leste so gracious and louing a Lord, and liuing God, and to his greate despyte, gaue deuyne honours to calues of brasse and other monstrous Images and at the last put to most cruell death the onely sonne of God, that had done so much for them.

And if wee Christian men do loke well on oure selues, reuoluinge the incomparable benefyte which wee haue receiued by Christs passion, & consider the circumstance of his most excellent patience, and most seruent loue towarde vs, with our forgetfulnes and the dayly breache of our promise which wee made at our Baptisme, conferringe our mutuall unkindnes thereun = so there shall appeare no ingratitude that should offende vs. Finallye for a conclusion, behold well aboute thee, and thou shalt all day fynde

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the children ingrate to their parents, and wiues to their husbandes. And wilt thou loke that thy benefyte or bayne expectation, shoulde make the more free from ingratitude of thy frende, whom chaunce hath sent thee, then nature may the parentes to their children, or the coniunction of bodyes by lawfull marriage, take unkindnes from the wiues toward the husbandes.

The vice therfore of ingratitude, being so common a chaunce, make no worldly friendship so precious that life or health therfore shoulde be spent or consumed, I haue ben the longer in this place, because I haue had in this grieffe suffici-

Death of ent experience.

children,

If death of children be cause of thy heavines, call to thy remembraunce some children, of whom there is no litle number, whose liues eyther for uncoziageable vices, or infortunate chaunces, haue bene more greuous vnto their parents, then the death of thy children ought to bee vnto thee: considering death is a discharger of all griefes and miseries, and to them that dye wel, the first entry into life everlasting.

Losse of
goodes

The losse of goodes or auctoryty, do greue none but fooles, which do not marke diligently, that like as neither the one nor the other doth alwayes happen to them that are worthy, so wee haue daily experience, that they fall from him sodainly who in increasing or keeping them seemeth most busie.

Lacke of
promoti-
on.

Oftentimes the repulse from promotion is cause of discomfort. But than consider whether

in the

in the opinion of good men, thou art deemed wor-
thy to haue such aduancement, or in thyne owne
expectation and fantasie. If good men so iudge
thee, thank thou God of that felicity, & laugh at
the blindness of them, that so haue refused thee.
If it proceede of thyne owne folly, abhorre all
arrogancy and inforce thy selfe to be aduanced
in mens estimations before thou canst finde thy
selfe worthy in thy proper opinion.

All other chaunces of fortune esteeme as no-
thing, and that long before they doe happen. Chaunces
of fortune

The oft recording of misery, prepareth þe mind
to feele lesse aduersity. And the contempt of for-
tune is sure quietnes and most persit felicity.

This now shall suffice concerning remedies
of morall Philosophy. Now will I write some-
what touching counsaile of Physicke, as in re-
lieuing the body, whych eether by the sayd occa-
sions, or by the humoz of melancholy is brought
out of temper.

The first counsaile is, that during the tyme
of that passion, eschewe to bee angry, Audious,
or solitary, and reioyce thee with melody, or
els be alway in such company, as best may con-
tent thee.

Auoyde all thinges that bee noyous in sight,
smelling and hearynge, and embrace a ll thinges
that is delectable.

Flee darcknes, much watche, and businesse
of mynde, much companyinge with Women.
the vse of thinges very hoat and dry, often pur-
gations, immoderate exercise, theppis, much ab-

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Stinence, dry wyndes and cold.

Abstapne from dayly eating of much olde biefe, or old mutton, hard cheefe, hares fleshe, boars fleshe, venison, saltfish, colewortes, beanes, and peason, herve course breade, great fishes of the sea, as thurlepole, or purpise, and sturgtion, and other of lyke natures, wines red and thick, meates being very salt or sowre, old burned or fried, garlick, onions and leekes.

Use meates which are temperatly hoate, and therewith somewhat moyste, boyled rather then roasted, light of digestion, and ingendring bloude clere and fyne. As mylke boate from the vdder, or at the least newmilked, even these, swete Bueu cheefe, Almons, the yolkes of rene egges, litle hyndes of the bushes, chickens and hēnes, whyte wyne or claret, clere & fragrant. Swett sauors in wynter hoate, in sommer cold, in the mean time temperat.

Comfortatiues of the
hart hoate.

Bourage the flower or
leafe.

Buglosse

Baulme mynt.

Citcampane

Cloues

Cardamomum.

Rosemary.

Signum aloes,

Muske.

Ambergrise.

Saffron.

The bone of the Harte
of a red dere.

Myntes,

The rynd of Citron.

Beane.

Cubebes.

Basill

Comfortatiues of
the hart cold.

Uiolets.

Perles.

Corall.

The

The vnicornes hozne.	Confortatiues
Diapulles which	temperate.
be good.	Jacinthe.
Roses.	Saphire.
Saunders.	Emerauldes.
The Oliphantes	Mirobolanes called
tooth.	Rebult.
Water lillies.	Buglosse,
Coziander prepared,	Coloe, Silver.

Of Hope.

[Ope, or gladnesse of heart dooth prolonge the
lyfe, it fatteth the Bodye that is to leane wryth
troubles, byrnge the humours to an equall
temperaunce and drawnge naturell heate out-
warde. But if it be sodayne and feruente, it
oftentymes slayeth, for as much as it draweth
to sodaynely and excessiue naturall heate out-
warde. And therfore diuers men and women
haue ben seene to fall in a sounde, when they
haue sodaynely beholde the persons whome they
feruently loued.

T. Linius.

A woman in Rome hearyng syffe, that her
sonne was slayne in battayle. After whan hee
came to her, she seeing him al'ue, imbracynge
eche other, she dyed in his Armes. Thys well
considered agaynst such inordinate gladnesse the
best preseruatue is to remember, that the ex-
treme partes of mundayne ioy is sorowe & hea-
uyness: and that nothyng of thys woordes, maye so
muche reioyce vs: but occasion may cause it to
be displeasaunt vnto vs.

The

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The dominion of sundry complex-
ions. Cap. 13.

It seemeth to mee not inconuenient, that I do
declare as well the consayles of auncient and
approoued Authoꝝ, as also myne owne opini-
on, gathered by diligent marking in daily expe-
rience, concerning as well the necessary diet of e-
uery complexion, age, and declination of health,
as also the meane to resist the disordres of the
body, before sicknes be therein confirmed, lea-
uing the residue vnto the substantiall learning
and circumspect practise of good Physicians,
which shall the more easily cure their patientes,
if their patientes do not disdain to beare away
and follow my consayle.

And first it ought to be considered, that none
of the 4. complexions haue solely such dominion
in any man or womans body, that no parte of a-
ny other complexion is therewith mixt. For whā
we cal a man sanguine, cholerick, fleumatick, or
melancholyck, we do not meane ꝑ he hath bloud
only without any of the other humoꝝ, or choler
without bloud, or fleume without bloud or me-
lancholy, or melancholy without bloud or chol-
ler. And therefore the man which is sanguine,
the more that he draweth into age, whereby na-
turall moisture decateth, the more is he cholle-
ricke, by reason that heat surmounting moisture
needes must remayne heat and dryth.

Semblably the cholerick man, the more that hee

hee waxeth into age, the moze naturall heate in him is abated, and byth surmounting natural moyſture, he becommeth melancollicke, but ſome ſanguine man hath in the proportion of temperatures, a greater mixture with choller then another hath. Likewise the cholericke or fleumaticke man, with the humour of ſanguine. or melancoly. And therfore late practiſers of Philiſſe are wont to call men, according to the mixture of their complexions as ſanguine, cholerick, fleumaticke, ſanguine &c. Moreover beſyde the naturall complexions which man receiveth in his generation, the humoures whereof the ſame complexions do conſiſt, being augmented ſuperfluouſly in the bodye or members by anye of the ſayde thinges, called not naturall, everye of the do ſemblably augment the complexion which is propre vnto him, and byingeth vnequall temperature vnto the bodye. And for theſe cauſes the ſanguine or fleumaticke man or woman, ſelyng any diſeaſe by choller happened to them by the ſayd thinges, called not naturall, they ſhal uſe the diet deſcribed hereafter to him which is naturallye cholericke. Semblably the cholerick or melancolike man or woman, hauing any diſeaſe by fleume, to uſe the diet of hym which is naturallye fleumaticke, alway remembryng, that ſanguine & fleumaticke men haue moze reſpect vnto byth, cholericke and melancolye vnto moyſture, and that alway as the accidental complexion decapeth, to reſort by little and little to the byt pertayning to his naturall complexion.

THE THIRD

The times appropried to euery naturall
humoure. Cap. 14.

BUt first it must be considered, that where the 4 humours be alway in man, and in some man commonly one humour is more abundant then an other naturally, that is to say from his generation. The sayd humours haue also peculiar tymes assigned to euery one of them, wherein each of them is in hys most power and force, as after insueth, after the description of Soranus. Fleume hath most puissance in winter, from the 8 Idus of Nouember, vnto the 8 Idus of Februarie, whereby are ingendred Catarres or reumes, the buula, the coughe and the Stitch. This humoure is part in the heade, part in the stomack. It hath dominion from the 3. houre of night, vntil the ninth howre of the same night. Bloude increaseth in spring time from the vlt. Idus of February vnto the vlt. Idus of May, whereof are ingendred feuers, and sweete humours, which do shortly putrisfe: the power of this humour is about the heart, and hath dominion from the ninth howre of Night, vntil the third houre of the morning. Red choller hath power in Sommer frō the 8. Idus of May vntil the 8 Idus of August, whereby are ingendred hoat and sharpe feuers: this humour is specially in the liuer, and hath dominion from the third howre of the day, vntil the 9 hour of the same day.

ellowz

Yellow choller, whereof is ingendred the fleume of the stomacke, is nourished in Autumne, which beginneth the 8. Idus of August, & during unto the 8. day of Nouember, & maketh flaking fevers and sharpe, the black choler that increaseth, & than followeth thicknes of y^e bloud in y^e veines. Black choller oz melancholy most rayneth in the splene, and it rayneth from the ix. houre of y^e day, vntill the thirde hour of night.

Peculiar remedies agaynst the distemperance of euery humour.

If the distemperance be of bloude, helpe it wth thinges colde, sharpe and dry, for bloud is moyst, hoat, and sweete.

Soranus
in arte me
dendi.

If it be of red Choller, geue thinges colde, moyst, and sweete, for red choller is bitter and fyrr. If it bee of blacke choller geue thynges hoat, moist, & sweete: for black choller is sharpe and cold. If the discafe be of salte fleume, geue thinges sweete, hoat, and dry, thus sayth Soranus. Notwithstandinge where there is abundance of cold fleume not myxt with choller, there thinges very sharpe and hoat be most convenient, as tart vinegar with hoat roses, and seedes oz wpnes. Stronge and rough hunny being sodden in the one and the other, oz where choler is myxt with fleume: syrope acetose made wth vinegar and suger boyled, sometime with herbes, rootes, oz seedes, which may dissolue fleume, and digest it.

Dpet

THE THIRDE

Diet of them vvhich are of sanguine
complexion. Cap. 15.

Foasmuch as in sanguine men blood most
reyneth, which is soone corrupted, it shal be
necessary for them which are of that complexi-
on, to be circumspecte in eatynge meate, that
thorowly will receiue putrification as the moze
part of fruits, specially not being perfectly ripe,
also meates that be of yll iuice, as flesh of beas-
tes to olde or yonge bidders of bestes, byaynes,
except of capons and chickens, marowe of the
backe bone, much vse of Ontons, leekes, garlike,
much vse of olde figges, much vse of raw herbes
and all thinges wherein is excelle of heate, cold,
or moisture, meates that be stale, fishes of fennes
or muddy waters, and to much sleepe, as experi-
ence sheweth.

Diet of cholericke persons. Cap. 16.

To them which be cholericke, beinge in their
natuall temperature, and haupng not from
theyr yowth vsed the contrary, grosse meates
moderatelp taken bee moze conuenient than
the meates that bee fyne, and better shall
they digest a peece of good beefe, then a chic-
kens legge. Choler of hys property rather bur-
ning then well digesting meates of lighte sub-
stance, notwithstanding some gentlemen which
be nicely broughte vp in their infancye, maye
not so well sustayne that dyete, as pooze menne,
beynge the moze parte vsed to grosse meates,
where.

wherefoze their diet must be in a temperance, as
ponge biese, old beale, mutton, and venison pou-
dred, ponge geese, and such like, concerning their
complexion wth meates like thereunto in qua-
lity & degree, according to the counsaile of Hyp-
pocrates. And as he perceiueth choler to abound
so to enterlace meates which bee colde in a mo-
derate quantity and to alay their wyne moze o^r
lesse wth water, eschewing hoat spces, hoat
wynes, & excessive labour, wherby the body may
be much chafed. Also he may eate oftner in the
day than any other: foze seene, & there be such dis-
stance betwene his meales, as y^e meate befoze ea-
ten bee fully digested, which in some person is
moze, in some lesse, accordinge to the beate and
strength of his stomacke, noting alway that the
cholericke person digesteth moze meate than his
appetite desireth, the melanchollicke person de-
sireth by false appetite moze than his stomacke
may digest. And to a cholericke person it is right
daungerous, to vse long abstinence, foze choller
finding nothing in the stomack to concoct, it fa-
reth than as where a litle pottage o^r mylke, be-
ing in a vessell ouer a greate fyre, it is burned to
the vessell, & vnsaury fumes & vapours doe is-
sue out thereof. Likewise in a cholericke stomack
by abstinence, these inconueniences doe happen,
humours adust, consuming of naturall moisture,
fumes and stinkinge vapours, ascendinge
vp to the heade wherof is ingendred duskinge
of the eyes, head aches hoat, and thin Rheumes
after euery litle Surfet, and many other in-
con-

THE THIRDE

ueniēces. Wherefore beside the opinion of best learned men, myne owne paynesfull experience, also moueth me to exhort them, which be of this complexion to eschewe much Abstinence: And although they be studious, & vse litle exercise, yet in the morning to eate somewhat in lytle quantity, and not to study immediately; but first to sit a while; and after to stand or walke softly, which vsinge these two peares, I and also other, that haue long knowen me, haue perceiued in my body a great alteration, that is to say, from ill estate to better. Alway remember, that if any other humour do abound in y^e cholerik person, as fleume, or melancholy, than untill that humour be expelled, the diete must be corrective of that humour, and therefore more hoar: and spere, than the naturall diet before rehersed: but yet there would be alway respect had to the naturall complexion, sometime offering the person to eate or drinke that which nature working he seruenly despyeth.

Diet of Fleumatike persons

Cap. 17.

IT is to be remembred that pure fleume is properly colde & moyste, and lacketh taste. Sale fleume is mixt with choller, & therefore hath not in him so much cold nor humidity, as pure fleume hath, and therefore it requireth a temperance in thinges hoar and dry, whereby fleume is digested or expelled. To fleumatike persons all meates
are noys

are noysfull which are very colde viscosus or lip-
my fat, or soone putrified, eatinge much and of-
ten, specially meates ingeoing fleume, which be
remembered in the table pcedding. All thinges
be good which are hoat and dry, also meates &
drinkes which be sowre: Onions also and Gar-
like moderately bled, be very commendable: im-
pure fleame not mixt with choler, much bling of
salte, specially dyled, Pepper grosse beaten, and
eaten with meats ought to bee with all fleumas-
ticke persons familiar, also Ginger is right co-
nvenient, but not to be so frequently bled as pep-
per, for as much as the nature of pepper is, that
being eaten, it passeth through the body, heating
and comforting the stomack not entering into the
vetnes, or annoying the Luer, which vertue is
not in Ginger. Ginger condite the which we co-
call Greene Ginger, specially condite with suger,
if it may bee gotten, and also Mirabolanes cal-
led Rebulp condite in India, be most excellent
remedies against fleame, also the herbes, which
are remembered afore in the table of digestives of
fleame, and the rootes of Parsley, Fenell, Paeos,
Citicampant, and carrots be very commendable.
Exercise twice in a day, the stomacke being al-
most empty, so y sweat begin to appere, is very
expedient, cleansing of the body from all filthe-
nesse with rubbingge and wippinge oftentimes
wth washinge, specially the heade and parties
there aboute, moderat swearpng in hoat bathes
or stoues, be to this complexion necessarye, spe-
ciallye when they haue eaten and drunken ex-

THE FOURTH

cessively. The head and feete to be kept frō cold, and to dwell high and far from moozes, & martines, is a rule right necessary also to abtaine frō eating herbes and rootes not boyled, & generally from all meats which will not be easily digested.

The diuision of melancholy, and the diet of persons melancholik. cap. 18.

Melancholy is of twoo sortes, the one is called naturall, which is onely cold and drye, the other is called adust or burned: naturall melancholy is, as Galē sayth the residence or dyegs of the blood: and therefore is colder and thicker then the blood. Melancholye adust is in foure kinds, either it is of naturall melācholy adust or of the more pure part of y^e blood adust, or of choler adust, or of salt fleume adust. But of al other that melancholy is worst, which is ingendred of choler, finally all adust melancholy annoyeth the wit and iudgemente of man: For when that humour is hette, it maketh men madde, and when it is extinct, it maketh mē fooles, forgetful & dull. The natural melancholy kept in his temperance profiteth much to true iudgement of the wit, but yet if it be to thicke, it darkeneth the spirites, maketh one timorous, and the wit dull: if it be mixed with fleume, it moztifyeth the bloude with too much cold, wherfoze it maye not bee so little, that the blood and spirites in their seruientnesse, be as it were unbraybled, wherof do happen vntuableness of wit, and upper remembraunce, noz so much that by the wayght thereof (for it is heauy approachinge nigh to the earth) that we

Ex Marcis
No Ficino
de vita sana.

seem

time to be alway in sleepe, and nede a spurte to
 pricke vs forward. Wherefore it is right exped-
 ient to keepe that humoure as thin as nature will
 suffer it, and not to haue to much of it. But
 now to the dyet pertainyng to them, whom this
 humour annoyeth. The knowledge that melan-
 choly raggeth, is oftentimes heauyness of mind,
 or feare without cause, sleepyness in the members,
 many crampes without repletion or emptyness, so
 dayn fury, sobryn murtherance of the toung, much
 sollicitude of lycht thynges, with playnnes of the
 visage, and feareful dreames of terrible visions,
 dreameing of darkenes, deepe pittes, death of
 friends, or acquaintaunce, & of all thynges that is
 blacke. The meates conuenient are they, which be
 temperatly in heate, but speciallpe they that bee
 moyst meates some digested, and they rather boy-
 led the roasted, temperatly mixt with spices, milk
 boate from the vdder, or late milked, is very con-
 nuenient for that complexion, swete almondes blan-
 ched, & almond milke, the yelk of fere egges, and
 finally all thynges which ingender pure bloude
 and all that is wrytten in the chapter of age, all
 these be it for them: wine thicke or troublous, spe-
 cially red wyne, meates harde, drye, verye salt, or
 sowre, burned meate, fried meate, much biese,
 hares flesh, beanes, rocket, colewortes, musterde,
 radish, garlike, except there be much wynde in the
 body for than is it verye holsome, onyons, leekes,
 finally al thynges which heateth to much, kyleth
 to much, or dryeth to much, also tozath, feare co-
 passion, sorow, much study or care, much idle-

THE THIRDE

messe oz rest, all thinge that is greuous to see, to
smell oz to heare, but most specially darcknes.
Moreouer much Drying of the body, epther with
long watch, oz with much care & toilinge of the
mynde, oz with much lechery, oz much eatynge
and Dyrnkynge of thinges that be hoate and Dye
oz immoderate euacuation, labour, abstinence,
thirst, going in the ayre vntemperatly hoat, cold,
oz Dye, all these thinges do annoy them that be
greeted with any melancholy. It is to be dili-
gently considered, that where melancholy hap-
peneth of choler adust, there meates which be
hoat in working would be wysely tempered, and
Dyrnkynge of hoat wyne would bee eschewed, les-
sably cautele would be in sauours: notwithstanding
moderat vse of smal wyne clere & wel ver-
dured, is herein very commendable, y^e humoure
therby beynge clarified, & the spirites clenised, but
the abuse oz excesss therof doth an much damage.
Also it is right expedient, to put into wyne oz
ale, a gad of syuer oz gold. glowing hoat out of
the fyre, to temper hoat meat with roses, violets,
saunders, rosewater, boyage Bugiosse, baulme
called in latin Melissa, oz the water of all thye
Dronken wth good wyne whyte oz claret, oz made
in a iulep with sugar is wonderful holisome, che-
wing of licorise, oz rapsons of cozance is right
expedient, but most of all other thinges myrris
good company, gladnes moderate exercyse,
moderate feeding. And thus I leaue to speake of
Diets, aptly belonging to the 4. complexions.

THE FOVRTH⁷⁰

BOOK E.

VVHAT CRVDITIE IS and remedies therfore.

Cap. I.



Will somewhat write of two dis-
crasses of the body, which do
happen by the excelle or lacke of
things called not natural, wher
of I haue spoken before: the one
is called crudity, & other lasti-

Conco-
tio vvh^{at}
it is.

Crudity
vvh^{at} it is

The cause
of crudity

tude, which although they be woordes made of
latine, hauing no apt english word therfore, yet
by the diffinition and more ample declaration of
them, they shalbe vnderstood sufficiently, & frō
henceforth vsed for english. But first it shalbe ne-
cessary to consider that concoctio is an alteration
in the stomacke of meates & drinckes, according
to their qualities, whereby they are made likē to
the substance of the body. Crudity is a vicious
concoction of thinges receyued, they not bringe
wholly or perfectly altered: the cause therof is
sometime the distemperature of the stomacke, some-
time inflammations, sometime matter congealed,
or impostumes in the stomacke otherwhile ingur-
gitation of meate and drinke: or for the vicious
quality of the same meates or drinckes, or the re-
ceyuing of them out of order or lack of exercise,

THE FOURTH

of convenient euacuation, Galen sayth, that in crudity or vicious concoction it must be considered, as well if the iuyce bee bitterly corrupted and may not be sufficiently concoct, as also if it be in the way of concoction: for if it be corrupted it must be expelled by sweat or vyne, if it be half concoct, then must such thinges be ministered, as may helpe to profit concoction, hauing regarde to the quality and temperance of the iuyce, that is to say, whether it be thicke or thin, fleumaticke or cholericke: which shal be perceived by the diet preceedinge, and also by other thinges named not naturall, for fleumaticke meates eaten in greate quantity or often maketh fleumaticke iuyce.

Likewyse both lacke of conuenient exercise, to much rest or idleness, as cholericke meates, and belement laboures do make cholericke iuyce in Sommer, a melancholike iuyce in Autumne, specially where labours be continuall or longe during. Also where labour is with much sweate there is the vyne more grosse: where it is without sweate, there is it thinner. Moreover the colour and substance of the vyne declareth the temperance of the iuyce which shal be hereafter declared in the table of vynes.

Scemblably the colour of the body declareth the iuyce that is in it, for beyng whiter then it was wont to bee, it signifieth abundance of flume, being more pale or yelow, it betokenneth excess of choler, if it be blacker, it signifieth melancholy, if the ill iuyce be much in quantity and the blood little, the yll iuyce woulde bee digested

and expelled wth such thinges as do serue for that temperature, but if the bloud be much, and the ill iuyce little in quantitie, there woulde the balne be opened, and after sufficient bleedinge a conuenient purgation geuen, hauinge regarde as well of the quantitie of the iuyce, as of the kind thereof, in case y^e either for age or for t^{im}oroufnes, a man w^{ylt} not be let bloud, than muste he be purged by slege in more abundaunce.

But if he in whome is little good bloud & much ill iuyce, and feeleth a lassitude or wearinesse in all hys body, he should neither be let bloud, nor receiue purgation, nor yet labour or walke much: but abide in much quiet, and assaye to sleepe much, and receiue such meats, drinckes and medicines, which do extenuate or make thin, cut, and digest grosse humors, without vehement heate, whereof it is written in the table of digestiues: in the number of whome is Oxymell, beyng well made, or Acetosus simplex, where the iuyce is much cholericke or melancholick. Semblablye, capers with oyle and vineger be praised of Galen. Whā there appeareth in the vyne a residue leght and whyte, than wine white or claret moderately taken, helpeth to cōcoction, maketh a good iuyce, and prouoketh vyne, than increase frictions & exercise by litle & litle & then let him return to his natural diet. In whome is abundaunce of raw iuyce, and outwardly feeleth a lassitude, to them Galen counsaileth, the second or thyrde day to geue Wheat, wherein Alope is boyled and afterward to vomit.

THE FOURTH

The meane to escape crudity, is to be diligent in obseruation of the counsels before written, concerning the things called not naturall, not much vsing meates that be very hard to concoct, also fat meate, and meates long kept, also corrupted, Drinkeinge, sweete fruites, a banquetting dishes, halfe feeding without good chewing, also much or very oft drinkeinge at meales, very much heat or very much colde, after meate.

Furthermore it must be considered, that all thinges which bringeth griefe to the body, is ingendred epther of to much aboundance of iuice, or of the vicious qualite therof. He that is sick of aboundance the diet of him wholly consisteth in reducing the iuice to a conuenient quantity. He that is greued with the vicious qualite of the iuices, his order resteth in making the iuices equall in temperate. Moreover: wher that which passeth out of the body, is lesse then that which is receiued into the body: there happeneth sickness which cometh of aboundance, in the which case it ought to be diligently forescene, that there be obserued a conuenient meane of meates and drinckes, in respect of that which is expelled out of the body, which may be done if the quantity of each of them be wisely considered. And where aboundance is, there the quantity, or quality, or both be tempered.

It may remember that of crude iuice be dyuers kyndes, some be cold and fleumaticke, some be hot and cholericke, other be more thin and wasery, some of blacke choler or melancholick. Ther
which

which do abounde in any of them, must abstayne from such meates and drynkes which do ingender such iuice as doth annoy them: those meates and drynkes be declared in tables preceding

Aetius also woulde that hee shoulde drinke a draught of colde water, affirminge that thereby the stomack being corroborat, drineth out of him downe into the belly, that which cleaueth fast to it. I my selfe being to drinke fasting, verie small biere of ale, when I haue bene in that case haue founde ease by M. Paulus Aegineta witnesseth that at the beginning, the legs & armes shoulde be rubbed with a course linnen cloth, the legges downward to the feete, the armes to the toppes of the fingers, & when they be wel chafed, then to rub the againe wth some oyle, & both open the pores and discusse the vapors, as oile of Camomil, oile of a nere, and other like, he praiseth much Mulle, or the water of hony, specially if some Flore bee boyled in it. Galen and all other do agree, that in this case pepper brused and eaten with meate is very expedient. And wher ther is much winde in the stomack, then so eat all tymes of the day of the medecine made of the three kindes of pepper, tyme, anise seede, and hony clarified, which is called Diatrion piperton, or that which is called Diaspoliticon. or Diapiganon, which is made of Cummine, steeped one day and a night, or longer in tart binger, and after fayed or layd on a burning hot ston, and made in pouder, also pepper & rue dyed somewhat, & made into pouder all in equall portions, & mixt with clarified honye

THE FOURTH

hony, Galen addeth thereto salt peter called in latin nitrum. The confection made with the iuice of quinces, and is called Diacidonion, is verie excellent. But it is to be diligently noted that where crudities is in a cholericke person, there would the sayd medecines be temperatly vsed & the sayd Diacidonion to haue litle or no sprees in it. And for my part being of a cholericke humour mixt with fleume, many yeares continually in crudity. I neuer found any thing better the fine Reubarbe chewed wth raysons of cozenge, which I tooke by the counsel of the worshipfull and well learned Philistion, master doctor Augustine, who in hys manners declareth the gentleness of hys auncient blood, which medecine I do not leaue to vse dayly fasting when I feelee some crudity to begin. Also syrope acetose, that is to say, sugar sodden in pure vineger. and litle water, vntill it be thrice as a syrope, is sometime contentent, and that as well to cholericke persons as vnto fleumatick, & if fleume be abundat, the with rootes and sedes of fenel's parcels sodden with it. Also in y^e case Oximel, y^e is to say, hony & water sodden together with the said rootes and sedes and a quantitie vineger put therto in the boyling is verie commendable. If the patient be very costive, the the medecine of Galen called Hierapetra, from halfe an ounce to an ounce taken in water of hony or ale, or taken in pilles the wayghte of a groate, and a halfe, or two groates, if the stuffe be good will purge the bodye sufficiently, without makinge the
bodye

body weaker. Also that medicine by cleansing the
Stomack and body deliuereth a man and woman
from many perillous sicknesses.

If the humors in the Stomacke be not putrified,
but that it is greened with aboundance of salte
fleume, I haue found that milke new milked,
wherin is put a quantity of good hony or sugar,
and three leaues of good speare mintes, and a
litle boyled, so beynge dronke warme fasting, the
quantity of a ppen, and resting on it without ea-
ting or drinkeing any other thinge the space of 3
houres after haue abundantly purged and co-
sofited the Stomacke, but wher there is no fleume
but onely choler, it is not so hole some, but rather
hurteith, making fumostyes in the head, wherof
commeth headache.

Of distillations called commonly rheumes
and of some remedies against them
right necessary cap. 2

FOrasmuch as at this presente tyme in this
Realme of Englande, there is not any one
more annoyance to the health of mans bodye, then
distillations from the heade called rheumes, I
will not let to wyte somewhat of them, wherby
men may take benefyt if they will, although some
distillations more considering theyr market, then
their duty to God & their country, will be neuer so
much offended with myne honest enterpryse.

Distillation is a droppinge downe of a li-
quid matter out of the head, and fallenge eyther
into

THE THIRD

into the mouth, or into the noſethilles', or into the eyes, & ſometyme into the cheekes and eares: that which falleth into the mouth is received of the throat, into that part which is the inſtrument of the voice, which at the firſt maketh hoarſeneſſe and in proceſſe of tyme maketh the voyce lile, and breath to be heard. And if the rheume be ſharpe, it rayſeth the inward ſkinne of the throte, and ſometyme it doth exulcerate the lunges. If it doth fall into the ſtomacke, the rheume being a colde, it altereth the body into a colde diſtemperance, if it be hoat, it maketh a hoat diſtemperance, and both ſomewhat exulcerate in proceſſe of tyme, and at the beginning abateth appetite and maketh feeble concoction. The cold rheume maketh concoction ſlow, and alſo crudity, and ingendreth ſomes in the mouth. If it be corrupted it turneth alſo noxiſhment vnto corruption, which maketh bybryding ſummiſh or ſharpe, or of ſome ill qualitey which cannot be expreſſed if the matter do diſcend lower, it tormenteth the guttes called ſejuntum, & colon, and toucheth other veſſels ſit where procedeth digeſtiſh: in this diſcracy. 2. thinges are to be provided for: firſt to let the reume do not diſtil into the ſaid places or if it hath done that it be ſhortly expelled from thence.

Firſt to let that it ſhal not diſtil, it ſhal be neceſſary to eate ſom meate ſoner in the morning if there hath not proceded repletion.

When the temperature of al the body is cholerick & the ſtomack is weake, the ſtomack woulde be made ſtronger with ſuch thinges as of theire proper:

property do comfort the stomack, forseene & they
 be moderately cold and moist. And that which
 is already fallen into the stomacke, must be ex-
 pelled with vomite or slege, prouoked wth worm-
 wood steeped all one day and a night in a litle
 small whyte wyne, or small ale or Ale, which
 haue vertue onely to wipe away the filth from the
 stomacke, but if it be sucked depe into the filthes
 of the stomacke, then is it better to take the me-
 decine called Hyerapicra, either in powder with
 drinke warmed, or els in pilles, to the number
 of 5 or more in the morning 6 hours before any o-
 ther meate or drinke taken, afterward to annoint
 the mouth of the stomack with oyle of Mustike
 or Cardinum temperatly warme, alway if a hot
 theume do fall into a hoat stomack, then meates
 and drinckes which bee colde in Vertue would
 onely be vsed, where the stomack is distempered
 with heate, and the rheume distilleth into a cold
 head, there is the discriasse hard to be cured: And
 they which be so affect or diseased, must take such
 thinges as may dissolve the rheume, and cleanse
 the stomacke without heatynge thereof, of the
 which vertue we know Oximel to be of.

If the stomacke and head bee both distempered
 with cold, then must be vsed meates, drinckes, and
 ornaments, which onely be hoate and bitterlye to
 forbear all that is colde.

W^h these distillations or rheumes happeneth
 many other greuous diseases, besydes those
 whereof I haue spoken, as in the head whyzlin-
 ges, called in latine Vertigines sodayne soun-
 dynges

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Singes, fallinge sicknesse, puffed, swelling of the
 nose, called polypus, soares in the mouth, tooth-
 ache, pinne and webbe in the eyes, durnes in hea-
 ring, squinces, fretting of y^e bowels, with fluxes,
 shortnes of breath, griefe in the heart, Palsies,
 ache in the muscules & ioyntes, wherefoze it is
 not to be neglected. And I do much meruaile y^e
 our phisitions doe not more studiously prouide
 thereto, & remedies. I my selfe was by the space
 of four yeres continually in this disoralle, & was
 counsayled by diuers phisitions to kepe my head
 warme, & to vse Diarrion piperion, and such o-
 ther heat things as I haue reherfed: at the last
 feeling my selfe very feeble, & lacking appetite &
 sleape as I happened to reade the booke of Ga-
 len, De temperamētis, which treateth de inequa-
 li temperatura, and afterward the 6. booke, de
 tuenda sanitate, I perceiued that I had beene
 long in an errour. Wherefoze first I did throw
 away my quilted cap, and my other close bonets,
 and onely did lie in a thin Coyse, which I haue
 euer since vsed both wynter and summer & wore
 a light bonet of beluet onely, than made I Oxi-
 mell after the doctrine of Galen, sauinge that I
 boyled in vyneger rootes of parsie & fenell, with
 Endiur, Cyphary, and Betany, and after that I
 had taken it 3. dayes continually, euery day 3.
 spoonesfull in the morning warme: than tooke
 I of the same oximell, wherein I had infused &
 steeped one dramme of Agarike, & halfe a drame
 of fine Reubarbe, the space of iii. dayes and thres
 nightes, which I receiued in the morninge, &

tinge

tinge no meate fyve houres after, and that but a litle brothe of a bopled henne, whereof insued eight stooles abundant of choler and fleume: sone after I slept soundly, and had good appetite to eate. After supper I would epyther eate a fewe colliader seedes prepared, or swallow down a litle fine massix, and forbare wine, and dranke onely ale, and that but litle ale, and also warmed. And sometime in the morning would take a perfume of Storax calamita, and nowe and then I would put into my nosethylles epyther a leafe of greene Laurell, or betany, or water of marlerom brused, which caused the humoz to distill by my nosithylles. And if I lacked Storax, I tooke for a perfume the rindes of olde rosemary and burned them, & helde my mouth ouer the fume closing myne eyes: afterwarre to comferte my stomacke and make it stronge, sometime I would eate with my meate a litle whyte pepper grosse brused, sometime Galens electuary made of the ruppe of quinces, called Diacudonten, sometime marmalade of quinces, or a quince roasted.

And by this diet I thanke almighty God, unto whom only be geuen al glory, I was reduced into a better state in my stomacke and head than I was xvi yeares before, as it may appeare unto them, which haue longe knowne me.

¶ And this haue I not wrytten for bayne glory or of presumption, but to the intent that they which haue their bodles in like temperature as myne was, that is to saye, beinge cholericke of complexion, and hauing rheumes falling out of a hoat

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a hoat head, may if they list assay mine experieñce, or in the Steele of my sayd infusion, take Hieras-
pica, with ale or water to pounge them, whereof
shal not insue so much perill, as of corrupted sy-
rupes, and other cōfectiōs called Hyagistrates,
made with olde rotten drugges, though the phi-
sitions be neuer so well learned. In boones of o-
ther temperature, I would not that myne expe-
rience should bee practised but with discretion,
tempering the medicine, as the qualities of the
Stomacke and head doe require, remembryng al-
way that hoat rheumes be thin and subtil, cold
rheumes be for the most part thicke. Also y^e they
which be thyn, woulde be made thicke, that they
pearce not so fast. And that they which be thicke,
woulde be made thyn, that they may the sooner be
purged. Finally this date I affirme, that the
rheumes, which of late tyme haue bene more fre-
quent in this realme, then they were wont to be
xl. yeares passed, haue hapned of none occasion
more thā of banquettings after supper, & drink-
inge much, specially wine a litle after sleep. An
other thing is the keeping the head to hoat or to
lōg covered, whereby y^e hearn, which is natural-
ly cold, is disheeped wth hot vapors ascending fro
the Stomack, those same vapors being let to eua-
porate or passe forth out of the head, & therefore
be cōcreate or gathered into humors superfluous
which stillet downe effluues out of the head in-
to the places before rehearsed. Yet now a daies if
a boie of 7. yeares of age, or a yonge man of 20.
yeares, haue not a cōpper on his head, he & hys

friendes

friends will thinke & he may not continue in health. And yet if the inner cap be not of velvet or satyne, a serving man fraterly to looke his credence. A person, vicar, or parish priest, by vsing theyr velvet cappes imbrazed with laces, do make some men thinke that they bee ashamed of their crownes, & late token of the order of priesthood, they which notable abuse, I much maruaile that the bishops will suffer, specially they which haue had leasure to reade the workes of S. Cipriane S. Hierome, Chrysostomus, saint Abrose, and sundry decrees made by the old fathers concerning the honest besture of priestes, which althoughe it seeme a light matter to some men, yet it augmenteth or diminisheth not a little in priestes, the estimation of their conditions. Salomon confirming the same saying: The garment, the gate, & laughter of a man declareth what hee is. But this matter will I leaue to an other place where I intende to speake more abundantly of it, it it be not the sooner amended. Now to conclude as, long as the sayde occasions continue, so long we shall not be without rheums although they were all perfect phisitions.

By vvhat tokens one may know vvwhether the
stomacke, and heade be heat
or colde.

Nowe to retorne to the remedies against the said annoyance, wherof happeneth so many greate sicknesses, I will be bolde to

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wryte a litle out of the woꝝkes of the most famous and expert phisitions. For the cause of the rheum must be digested, after expelled, theꝛdy by diueried, that is to say, turned from the eye into the nose, from whence it maye bee more easely purged. Fourthly it may bee stopped that it shall not desill. In hoat distillations the head is very hot in feeling the rheume being in the Mouth he is thyn & warme, the tongue or cheekes within blistered, the face sometime redder than it is accustomed to be, sometime a burning within the nose. To the which haue this hoate rheume may be geuen the seede of white Poppe. Diacodion made of the heads of white Poppe & rayn water. Amylum with milke, if there bee no feuer, penides, mallowes, orage, gouldes, and spynage, boyled and eaten with oyle of almonds, syrope of violets, nenuphar, or the wine of swete pomegranates, the water of a great Cucumber, boyled with a litle sugar, being dronke, doth mitigate, choller, stoppeth the rheume, and easily lo- seth the belly. the seedes of myllones brayed in a moyster wyth water, and strayned with soft bread hauing sugar put to it, maketh an excellent good meate agaynst the hoat rheumes, plaisters made of barley brused, violets, poppe and Camomyll boyled in water, wherein sponges or linnen clothes be dypt, should be layed on the head, and the genitoꝝes or legges therewyth washed.

If the sicke man can not sleepe, then the saybe partes with the belly and fundament shal be anoynted with the Oyles of violetes and Nenuphar

phar, the sauour of Camphar in rosewater with violets is good in that case. Galen exhorteth, & I haue proued, that in a very hot rheum, which hath filled fast, the powring of cold water vpon ones head, had stinted the rheume. Hee that is therein diseased must eschew going in the sunne or to come nigh a great fyre, or to stand or be longe couered, or to weare much on his head, he must rest much, and prouoke himselfe to sleepe a night, but not very long, and to lye on the one side on a hard bed, hauing his head high, also rubbing of his Legges betwixt meales is very wholesome. Cold rheumes be perceyued by coldnesse of the humors and head, with palenesse of the visage, all cold things encreasing the rheum. These things are good agaynst it, the decoction of Cicet with hony and rasins, silberde nuttes tosted, & eaten after meales, nothinge is more hollesome then abstinence, specially in the Eueninge, they which haue it, must beware of Northeren Wyndes, the Mooneshyne by night, washinge in cold water, and to bee longe bareheaded. The seedes of *Nigella* a litle tosted, and put into a peece of thynne Sarcenet, and smelled vnto, stoppeth the Rheumes.

Recorde in the beginninge of Rheume, is dysprayed of Galen, but after that the water is digested, it is very hollesome: that may bee made with leaues of laurel, or betony put into the nose thrise, the iuyce of Coleworts, the rootes of red beetes water of *Matorā*. A pretty medicine for that purpose proued. The iuyce of young beets

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and Matozam of euerych one ounce, good whyte wyne eyght ounces, saffron the wayghte of two pence, that beyng hette and taken in the mouth, shalbe drawen by with bzeath to the place wher by the distillatiōs fallerh out of the nose into the mouth. And if the rheume do distill into y cheekes and teeth. I haue proued, that the iuice of ground Iule, and that hearbe which wee call Moule eare taken within a quill into the nosegaylles, oftentymes pourgeth exceedinglye the rheumes. and taketh away the ach of the teeth.

Gargarising, if it be not discretely vsed, may do more harme then good, bying downe much abundance of matter vndigested, but takē in order with water, hony and pepper, or with Ilope and figges boyled in whyte wyne, and takē very hoate in a gargaryle is right conuentent.

For compassion which I haue of them that be vexed with toothach caused of reumes, I will by the leaue of phisitions conclude this chapter with an excellent medecine agaynst the sayd passion, which is wryten of an honourable Phisition of late yeeres, which medecine also maketh teeth fast which bee loose, and also stoppeth the superfluous bleedinge of gummes, where with the bzeath is made vnsauery.

Take the ryndes of Caper rootes, the rootes of brembels, which do beare blacke berres the flowers of Pomegranets called Balaſtia of euery of them, the wayght of two ducates, pelitorre of Spayne one ducate, seede of white henbane, the ryndes of mandrage, of euery of them

one

one ducate and a halfe, spurge of the gardeine one handfull, alume of the rocke two ducates, boyle all these in whyte wyne oz claret, which is very rough in tast, and strayne it therewith, let the patient oftentymes wash his mouth. Albeit I wil counsaile them which wil take this medicine oz any other, first to purge the cause of the rheume, as befoze is rehearsed, oz in any other wyse, as they shall be counsaied by wel learned and discrete Physicians,

Of lassitude Cap.3.

Lassitude is a disposition towarde sicknesse, wherein a man feelth a sozenes a swellinge oz an inflammation. Sozenes happeneth of humours sharpe and gnawing as after greate exercise and laboures, which lassitude happeneth to them, whose bodyes are full of yll iuice and excrementes. Also after crudity in them which are not exercised, oz do abyde long in the heate of the sunne. It may also be in the body wherein is good iuice, if he be fatigate wth immoderate exercise. In them which do feele this lassitude, the skin appeareth thicke and rough, and there is felt a grisele sometyme in the skynne onely, sometyme also in the fleshe, as it were of a sore. The cure therof is by much and plesant rubbing with sweete oyles, which haue not the vertue to restrayne oz close and that with many handes. and afterwarde to exercise moderately, and to be banyed in water sweete and temperate in heate also

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then must be geuen meates of good iuyce, pot-
tage but seede, wine is not to be forbydden, for
vnto wyne bueth any thing may bee compared,
that so wel digesteth crude humours: it also pro-
uoketh sweate and byrue, & maketh one to slepe
soundly. But if this lassitude do abide the night
and day followinge or waxeth more and more
then if the patient be of good strength and yong
and hath abundaunce of bloud let him be let bloud
or prouoke the hemeroides or piles to bleede if
they do appeare.

But if it proceede of the malice of any humoure
without abundance of bloud, then resort to pur-
gations apt for the humoure that greueth. The
tokens wherof shal appeare as wel by the colour
of the skin and dyet proceeding, as by byrue or
horre, sweate, thirst, appetyte, as it is reherſed
before in the complexions. If the ill bloud bee
litle in quantity and the crude humours abundaunt
then shall he not be let bloude, nor vehementlye
purged, neither shall exercise or moue himſelfe,
or be banyed. For all exercise carrieth humours
throughout all the bodie, & stoppeth the powers:
wherfore these maner of persons should be kept
in rest, & such meates, drinks, & medecines, should
be geuen to them which should attenuate or dis-
solue the grosseenes of the humours without no-
table heate, as Oximell, barley water, & mulle, if
the patient abhorre not hony, And forasmuch as
in the sayd persons commonly there is abundance
of wynde about the stomacks, therefore pepper
specially long pepper or whyte is very conuenient

ent to be vsed, & the medecine before written, called diaspolicum. When the humours are dissolved, then is it good to drinke whyte wyne, or small claret wyne moderately.

Lassitude extensue. Cap. 4.

Vhen one thinketh þ he doth feeles a swelling or boyling of the bodye, where indeede there doth not appeare in sight or touching any swelling that is called lassitude extensue if it happeneth without exercise or belement mouing: this doth happen of excessiue multitude of humours, which do extend the muscules or fille s. In this no sozenes is felt, but onely an heauines with extention or thrusting out of the body. And because that ther is abundance of bloud in the body, best remedy is to be let bloud aboute the elbowe or ancle, after to be purged, then to vse soft fricasses w oyles afore reherfed afterwarde much rest and temperat bathes and meates lacking sharpenes and beynge absteriue.

Lassitude, vvith the feling of inflammation. Cap. 5.

If without any mouing, the muscules & flesh arise vpon the body as it swelleth w great paine & exceding heate, then sone after followeth most boatest feuers, except it be pzenented by lettynge

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of bloud and that in abundaunce, and almost to
sowning but it were moze sure to be let Bloude
twyse in one day, the fyrst tyme without sow-
ning, at the next tyme sowning is not to be feared
If the grieve be in the necke or heade, the bloude
must be let of the bayne called Cephalea, or the
shoulde vein. If it be in the bulke or byppermoste
parte of the body, than muste the verne bee cut,
which is called Basilica, or the innermoste
bayne. If all the body bee greued, than cut the
verne which is named Mediana, or the myddle
verne. If a feuer remayne after bloude lettynge,
than order hym wth the dyete of them that have
feuers whych ye shall fynde wrytten hereafter,
If no feuer remayne, then vse moderate frica-
ces and little eatynge, and that of meates hauing
good iuyce, increasynge by little and little to the
natural diet.

Diet of them that are ready to fall
into sickenes. Chapter. 6.

NOW to retourne eftsoones to speake of dyet
it is to be remembred that they whych are
ready to fall into diseases they are prepared ther
vnto eyther by replexiō or superfluous humours
or else by cruditye or malice of humours whych
are in them. As touching the fyrste, the gene-
rall dyet must be such as thereby the humours
may bee attenuate and by conuenient euacion,
brought to a moderate quantity,

As for the second must be corrected with mea-
tes and drynkes of contrary qualittes, haueinge
alway

alway respecte to the age of the person, time of the yere, place of habitation, and most specially the vniuersal complexion. For choller offending in an olde man, in winter time in a colde country or the person, being of his naturall complexion, flumaricke or melancholpe, would not be so abundantly expelled or subdued as if it be in youthe and lustye, in the heat sommer, in the countreyes where the Sunne feruently burneth, or the person of his proper nature is very cholericke.

And in lyke wyse contrary. Wherefore euery man knowing his owne naturall complexion, with the qualite of the humour that offendeth, let hym make temperaunce his chiefe cooke, and remembryng that wherch I haue before declared ordayne to hymselfe such dyete, as may rescoure the offence wryth none or litle annoyance to his vniuersall complexion. And if hee can so doe he shall happely escape, not onely diuers sickeneses but also the moste pernicious daunger, proceeding of corrupted drugges or spyes, whereof some couetous Apothicarres doo make medicines, maugre the heads of good and well learned Physicians.

Sicknes most common to perticular times
of the yere and ages. Cap. 7.

Although I doe not intend to wryte of the cure of egritudes or sickeneses confirmed as well because it myghte be reputed in mee a greate presumption. as also forasmuch as it were verie perillous, to deuulgate that
noble

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noble science to common people, not learned in
liberall sciences and Philosophie, which he re-
quired to be sufficiently in a Physitian. And
moreouer many bookes of Hipocrates and Ga-
len ought to be read, before that one do take vpon
him the general cure of mens bodies, yet not-
withstanding I trust I maye without and not
of arrogancy wyte, what diseases do most com-
monly happen in sondry tymes of the yere, and
ages of men and women, with some significati-
ons, wherby the discriasse or disemperature of
the body is perceued to the intent that the phi-
sition being far of, may be truly enformed, con-
sideringb byrnes farre caried do often deceyue
them and likewise lacke of the sight of patient
and inquisition of things which do proceede or
follow the sickness. And to this I trust none
honest and charitable physition wil bee offended
but rather geue to me thanks for my diligence
in the aduancing of theire estimation, which by
lacke of perfect instruction hath bene appayred-

Sicknesses of Spring tyme.

Diseases proceeding of melācholpe, as madnes,
falling sickness, bleedynge, squinces, poses,
hoarcenes, coughes, leproies, scabbes, ache in the
ioyntes.

Sicknesses of Sommer.

Many of the sayde diseases, also feuers, conti-
nuall

ly small heat feuers, feuers tertian, quartayne, vomittes, fluxes, watering of eyes, paynes of the eares, blisters and soares of the mouth, & sweatings,

Sickneses of autumn.

Diuers of Sommer sicknesses also optillations of the spleene, dropfies, consumptions, stranguillions costiuenes, ach in the huckle bones, shortnes of wynde, freatinge of the bowels, falling sickness, and melancholike diseases.

Sickneses of vvinter.

Sittches and griefes in the sydes, inflammation of the lunges, rheumes, coughes, paynes in the brest, sydes, and loynes, hedach, and palfers.

Sickneses happening to children.

When they be new borne, there do happen to them soares in the mouth called Aphre, vomiting, coughes, watchinge, fearfulness, inflammations of the neuer moisture of the eares.

When they breede teeth, itching of the gummes, feuers, cramps, and laskes;

When they waxe elder then be they greued with kernels, opennes of the mould of the head. Shortnes of wynde, the stone of the bladder, wormes in the belly, waters, swelling vnder the chin and in England commonly purpelles, measles & small poches.

Sick

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Sicknesſes happening to yong men from 14
yeares of age.

Feuers quotidiane, tertiane, quartayne, hoat fe-
uers, ſpitting or vomitting of blood, plureſſes,
diſeaſes of the ſpdes, inflamacion of the lunges,
lethargies, franſie, hot ſickneſſes, cholerick paſ-
ſions, coſtiuenes of vehement laſkes.

Sickneſſes of age.

Difficuly of bzeath, rheumes with coughes,
ſtranguillou, and difficuly in piſſing, ach in the
toyntes, diſeaſes in the rapnes, ſwimminges in
the head, palſeis, itching of al the body lacke of
ſleepee, moyſture in the eyes and eares, dulnes
of ſight, hardnes of hearyng, tiſſicknes or thort-
nes of bzeath.

Although many of the ſayde ſickneſſes do hap-
pen in euery tyme and age, yet becauſe they bee
moſt frequented in the ſayd tymes and ages I
haue wriſſten them to thintent that in the ages &
tymes moſt inclyned vnto them ſuch thynges
might be then eſchewed, which are apt to ingen-
der the ſayd diſeaſes.

The general ſignifications and tokens
of ſicknes. Cap. 8

If the body be hotter, colder, moſſter, dryer, lea-
ner, fuller, the coloure moze pale or ſwarth the
eyes moze hollow thā is accuſtomed to be, it ſig-
niſſeth that the body is diſpoſed to ſicknes, or al-
ready ſicke.

The

The braine
sicke.

Rauinge
Forgerfulnesse.
Fantasie.
Humours comming from
the rouse of the mouth,
the Eyes, the nose, or the
eares.
Watch,
Sleepe,

The heart
sicke.

Difficulty of breath.
Trembling of the
heart.
Beating of the pulse,
Feuers.
Colde.
Diuersty of colours.
Griefe about the
heart,

The Lyuer
sicke.

Lacke or abudaunce of
humours.
The fourme of the body altered.
Palenesse.
Concoction.
Digestion.
Disparation of excrements
accustomed.
Payne in the place of the
liuer.
Swelling.
Difficulty of breath.

The

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The stomack
sick.

Concoction slow or quicke.
Appetite of moist or dry, dul or
quick.
Separation of excrements moist,
or hard with their colours.
Vexing.
Belching.
Vomiting with pain and diffi-
culty of breath.
Vine much or little with the co-
loure & substance to red, or pale,
to thicke, or to thinne.

The breast
sicke.

Difficulty of breath.
Cough.
Spitting:
Pain in the breast.

Thys haue I written not to geue iudgement
therby, but onely for the patient to haue in a rea-
dines to thynke, that whatsoeuer hee feeleth or
percepueth in euery of the sayde thinges thercof
to instruct his physician whereunto he may ad-
opte his counsaile and remedies.

Of vrices cap. 9.

As much as now a dayes the most common
iudgement in sickness is by vrices, which
being far caried, or much moued, or standynge
long after that it is made, the fourth thereof is
so altered, that the physician shall not perfectly
perceue

perceue the naturall colour nor contentes, although it be neuer so wel chaused at the syde, as Actuarius & other great learned men do affirm. I wil therfore somewhat speake of byrnes, not so much as a phisition knoweth, but as much as is necessary to euerye man for to perceue the place and cause of hys greefe, wherby he may the better instructe the phisition.

¶ First in byrne 4. things axe to be considered, that is to say, the substance, the colour, the regions or partes of the byrne, and the contentes of thinges therein contayned.

¶ Also forasmuch as in the body of man be fitt. qualities, heate, cold, moysture, and dryth, two of them heate and cold, are causes of the colour, dryth and moysture, are causes of the substance. Moreover in byrne, being in a vessel apt therunto to be seene thre regions. The lowest region in the bottom of the byrnel, containing the spaces of two fingers or litle more. The middle region, from whence the lowest ended vnto the cyclo. The highest region is the cyclo.

The highnes of the colour signifyeth heate, the pale, blacke, or greene signifyeth cold.

Also the grossenes or thicenes of the byrne signifyeth moysture, the cleynes or thinnes, signifyeth dryth.

The coloures of the vrynes.

Coloure of bright gold. } Perfect dige-
Coloure of gre. } stion.

Rec.

THE FOURTH

Red as a red apple or chery. }
 Base redde, like to bole ar. } Excesse of dige-
 menake, or saffron dye. } tion.
 Red glowing like fire.

Colour of a beastes liver. }
 Colour of darke red wyne } Abustion of hus-
 Grene like to colewortes. } mours.

Leady colour. }
 Blacke as inke. } feeblenes or mortification
 Black as hozne } of nature, except it bee in
 } purging & melancholy.

Whyte cleare as water }
 Gray as a hozne. } Lacke of dige-
 White as whay. } tion.
 Colour of a Camels
 beare)

Pale like to broth of } The beginning of dis-
 flesh sodden. } gestion.

Citrine colour or yellow } The middle of dige-
 Subcitrine or paler } tion.

Whyte and thinne betokeneth melancholy to
 haue dominion.

White and thicke, signifieth sicume.
 Red & thicke, betokeneth sanguine.

Redd and thynne betokeneth chollet to haue
 the soueraynty.

The

The substance of the vrine.

Cap. 10.

AT the first pissinge all vrynes well nigh do appeare thin, as lōg as they do abide warme for naturall heat, during the tyme that it preyvaileth, suffreth not that the licour which is the substance of the vryne, to congele or be thicke for any occasion, but after that heat is gone, some vrynes shortly, some alonger tyme after waxe thicke. Like wylse somtyme some are pissed thicker, and after waxe clere, some remayne stil as they were made, some be metely thicke as they were troubled, some very thicke and grosse. They that waxe cleare, some do gather that which is thicke into the bottom of the vrynal, some remayne troubled, the grossenes notwithstanding gathered in the bottom. Semblably the diuersity of thinne or subtil vrynes must be perceiued, that is to say, that some are very subtil as water, some lesse subtil, some in a meane betweene thicke and thinne.

Of thinges containd in the vryne, some doo discende downe to the bottome. and bee called in a greke worde Hipostasis, in englishe some call it the groundes, some the residence, which if it bee white light rising vp from the bottome of the vrynal, like a pearle, it signifyeth health if it be of anye other figure or colour, it betokeneth some annoyance. If like thinges be seene in the middle of the vrynal, they be called sublatiōs, if they approache vnto the hyghest region of the vryne, they

THE FOURTH

they be named cloudes in latine Nebulæ. The groundes or recidences not perfect, some is like litle red berches, and is called in latine Orobea, some is like to bzanne of wheat ground, and seuered from the meale, and is caled bzannie residence, in latin Furfurea, some be like vnto plates hauing breadth and length without thiknesse, and may be named platte residence in latine Laminea, some is like to meale, wheat, or barley, & maye bee named mealy residence, in latine Similacca.

There is also sene in the bzanne like to white hayres some longer, some shorter, sometyme like to ragges somewhat red. There is also seene in the bittermost part of the bzanne sometime a some or froth, sometyme belles or bubbles, sometyme they swimmeth in the bzanne a thinge like a cobweb, otherwhyle there is aboute the cyzcle as it were the renyng of cloth, sometyme there is in the bzanne like motes of the sunne, sometyme like the matter of a soze, otherwhyle like the seede of a man, also gravel or sand. And in these thinges may be dyuers colours, some white, some redde, some betwene both, some yelow, some grape, and some blacke. All this must be diligently marked and thereof seperatly to aduertise the phisition, vnto whom I refer the iudgement of the sicknes for the cause afoze rehearsed, and for as much as the iudgement of them is very subtil.

Semblably of ordure whether it be very thin or verye thicke, what other matter issueth out with it, what colour it is of, the sauaure verye
great

very great little or none if it were easily expelled,
or paynefully, how oft or how seldome.

Whoeuer of sweate what colour it is of, and
of what savour, if in tasting it be salt, lowe, bit-
ter, or insauery.

Also the vomit if it be of one colour or many,
if it do smell horrible, of what humour it haue
most abundance if it were fasting, or after mea-
les, if it were paynful or easy.

Likewyse spittie whether it be thicke or thin,
or mixt with blood, or matter corrupte, accord-
dingly of the humour issuing out at the nose, and
if that bee bloude, then whether it be red, watry
or blacke.

Whoeuer it may not be forgotten, to aduise
the phisition of the diet vsed by the patient, as
wel afore the sickness, as in the tyme of the sick-
ness, his age, the strength of his body, his exer-
cise a place, where he longest abode in his youth,
whether it were highe or low, watry, or dry, heat
or cold.

This I trust shall bee sufficient to instructe
a phisition he that desyeth to know more parti-
cularly hereof, let hym read the bookes of Hy-
pocrates. Galen, Cornelius Celsus, Actuarius
Paulus, and diuers other late writers for this
little treatise may not receiue it.

THE FOURTH

The precepts of the auncient phisition Dis-
cles vnto king Antigonus .

Cap. 11.

VWe wil now deuyde the body of man into 4.
partes, the heade, the bulke called in latine
Thorax, which contayneth the brest, the lynes, the
stomack and entrolles. The belly, called in latine
Venter, contayneth in the paunch & bowels. Also
the bladder called in latine Vesica, in the which
named is also contained þe conuults by the which
vryne passeth. Whan any disease approacheth to
the head, these tokens do commonly procede,
swimming in the head, headache, heauines of the
browes, sounding in the eares, prickings in the
temples the eyes in the mornig do water or waxe
dimme the smelling is dull, the gummes do swell.
When thou felest such tokens forthwith purge
the heade with somewhat, not with vehemente
medecines, buttaking Ilope or organum and the
cropp of them boyle with whyte or claret wyne
halfe a pint, and therewith gargarise your mouth
fasting vntill the fluxe bee purged out of your
head this is the easiest medecine in disordres of
the head.

It is also very holefome to gargarise the mouth
and brest with hony water, wherunto mustard is
put and mingled, butt first the heade must be rub-
bed with a warme cloth, that þe fluxe may easily
come out of the head And if these tokens be neg-
lected, these manner of sicknesses do follow some
after bleared eyes and humours letting the sight,
cleften

Sweltes in the eares, swellinges in the necke full of matter called the kinges cuill, corruption of the braynes, poses or rheumes, heauines of the head, and tothache.

When the bulke is like to suffer any sicknes, it is perceiued by these tokens, all the bodie is in a sweate, the bulk most specially, the tounge waxeth thicke, the spittle is either salt or bitter, or cholerick, the sydes and shoulders do ake without any occasion, the patient gapeth often, also their doth happen much walkinge, suffocations or lacke of breath, thirst after sleepe, the mynd is vexed with heauynes, also the brest and armes are very cold and the handes do tremble.

Agaynst these thinges, this remedy may be provided. After a moderate supper assay to vomite without any medecine, vomite is also profitable, which meate doth follow. Hee that in such wyse will vomite let him eat hastily smal radish rotes, townerkeses, roker, senap, or purslane, and drynke after it a greate quantity of warme water, & prouoke himselfe to vomite.

He that setteth litle by the sayd tokens, let him feare these sickneses following, the pleurisy, the sicknes of the lungs, melancholy or madness, sharpe feuers, the letarge, inflammation with pyring.

If any sicknes be toward the belly, they maye bee espyed by these tokens, the belly is swelle wrapped togeather, and in it selfe is troubled, all meates and drynkes do seeme bitter in taste. hee feleth heauynes in his knees, a stiffness in his loynes, a wearinesse in all his bodie, without

THE FOURTH

any occasion, a sleepines in his legges, with a little feuer: when thou feelest these tokens mollify the Belly, not with medicine, but with good order of diet, for it is best & most sure to vse those things, whereof lightly may ensue none annoyance, in the number of them are beetes boyled in water of Hunny, Garlike sodden, Malowes, Sorrell, Mercury, & all thinges conduite in hunny. All these do expell the ordure of the Belly: but if any of the sayd signes both more and more increase the sicour wherein the seede of Carthamus, called also Cnecus is boyled is a pleasant sure medicine. smale coleworxs boyled in a good quantity of water, the licour thereof in measure two pintes sauing the third part of a pint with hunny and salt being drunken shal profit much. Cicers the pulse called in latine Eruum, in englishe (I suppose) chittes in water drunk fasting hath the same effect. To them which set little by the sayd tokens, these diseases do sodenly happen. Fluxe of the belly, bloody fluxe, slippernes of þ bowels, paynes in the guttes, ache in þ huckle bones, the feuer tertian, the gout, þ apoplexie or palsey in the limmes, Hemorrhoides, & king of iopnes.

When the Bladder is toward any sickness, it is perceiued by these tokens, fulnesse felt after little meate, breaking winde downward and upwards, palenes of colour in all the body, heauy, or troublous sleepes, the bzene pale and passing for þ paynfully, swelling about the Coddes and priuy members. When these tokens appeere thā is it expedient to haue remedy of odoriferous

things, which do expell hyeme, which shall bee done without any perill with the rootes of fenell and persely steeped one or two dayes in good whyte wyne, and to drinke thereof fasting every morning thre ounces & two drammes with the water of wilde Carots or Elecampane, whych of these is next at hand every of them haue lyke effect. Also water wherein the Peasen called in latine Ciceres are steeped, being drunke with wyne is lyke comodious: he that negleceeth the sayd tokens let him loke for these sicknesses following, the droppe, the greatnes of the Spleene, grieve in the luer, the stone, ache of back or paines in the raynes, the difficulty of brync, fulnes of the belly. In all these things that we haue spoken of, we shall geue to chyldren most easie medicines, to men, those which be stronger in working. This diet of Diocles although at this time it seemeth not most pleasaunt, nor according to the practise nowe vsed, yet being tempred with which I haue before remembred som thing may be founde in it, which being expericed, may, be as comodious for the health of mans body, as diet which is more curious or pleasaunt.

Of them in vvhose stomacke meate
is corrupted. Cap. 12.

They in whom customably meate is corrupted, let them afoze that they eate any meate assay to vomit drinking sweete wyne, absteyne drinking sweete wyne, abstayne from meate that ingender botches, inflammation and fumous ruction

THE FOURTH

uations of vapors, and take such as nourish the good iuyce, and chose them out which doe mollify the belly and at sundry tymes take them. It is also good to take temperately that which looseth the belly as the medicine called *Pisera*, and to absterne from such thinges whereby ill iuyce is gathered and do ingender sicknesses, hard to be cured or neuer, as goutes, bone ache, peynes of the raynes. &c.

Of the vertue of meates. Cap. 13.

HHe that is studious about the conseruation of health: he needeth to know the vertue of meates. The meate which hath vertue to extenuate, or make humours subtil, it openeth the pores & bringeth forth that which is fast in the flesh, it maketh that which is clammy subtil, & doth extenuate or relēt that which is fat, it bringeth forth that which abideth long in the belly, but that which is eatē, is a superfluity, watery, and cholericke, and at length maketh melancholicke blood: wherefore much vsinge of them is prohibited, specially to them that are cholericke and onely serueth for them that are replete with steame, crude or vndigested humours clammy or fat. The diet of fating thinges doth nourish abundantly, so that the stomacke and liuer do digest well meate of good iuyce, maketh good blood, but yet it stoppeth the Liuer and splene, These doe they, which make fat humours only as the Pulse called *Lenticula* & they that are

Usinge

slimy like malowes, some do make hot humors
and be also slimy, as fishes with hard shels. Fi-
nally the diet which doth extenuat & make leane,
is more sure for keeping of health, than þ which
fatteth much. Nourishing meates woulde bee
therefoze moderately bled, whan a man percei-
ueth himselfe to haue neede thereof, it may bee
most surely bled of them that be exercised tem-
peratly and can sleepe when they list. They that
can not sleepe by reaso of exercise, let the eschewe
fattening meates, let none idle person attempt to
ble them. In the preservation of health, Aug-
gardy is the greatest mischief. Like as tempe-
rate mouing is good, so is the meate which be-
tweene thick and thinne, is to mans health most
conuenient which ingendzeth bloud, according to
the competent constitution of mans body & there-
foze it is to bee chiefly bled. Meate of ill luyce
is alway noysfull, wherefoze it ought to bee es-
chewed. Likewise the varietie of meates is to be
observed dilligently, for it is a great thing
to couple well together, thinges of
contrary vertues, for if they
be not well digested, þ
which is receiued
may bring dis-
pleasure.

A Diet

A Diet preseruatiue in the time of
pestilence. Cap 14.

The bodyes most apt to be infected, are specially sanguine, next cholerick, than fleuma- tick, last melancholick, for in them the humour being cold & dry is most vnapt to receiue putrifaction hauing also strait passages, by the which ventim must passe. The diet conuenient for that time is to abstayne from meates inflaming & opening the pores: also from heate of the Sunne, from to much heate or fire, or garments, from euery hoat hearbe, and much vse of tartre things, excepte Onions & Cicory, or Radish with vineger, for they doe resist against ventim, from wine very fumiſhe, exercise incontinent after meales from sweating, from all thinges that will cause oppilation, and putrifaction, from thynges hoat and moist, where moisture hath the dominion in a degree specially being not sufficiently boyled, also from milke except it be in a litle quantity, and that with a litle Sugar. Fruites and Hearbes colde and dry, and therewith some or somewhat bitter, are not prohibited. If yee eate figges, grapes, or sweete cherries eate after them, of an Dreng with salt. If yee eate thinges colde and moyste, as Cucumbers, Melons, fische softe and freshe, or Damascens, eate by and by after some fenell & Dreng with salte, drynkinge therewith a draught of good wine. Beware of Musheromes, much purslane, Gourdes and all other thynges, which wyl soone putrify: not
weth

withstanding I will not forbid eating of letise
 with a few mintes or mixt with Cinamom. All
 thinges some are commended aswel in diet co-
 seruatiue as in that which is curatiue or health
 except where there is straitnes of the breast, or
 weaknes of the stomake, then oughte they to bee
 tempered with sugar, salte almond milke, cina-
 mom, pepper, fenell, saffron, egges & some thinge
 that is fat and vactuons. Capers are good to be
 vsed with vinegar. Cheese verie fat and salte
 is not commended, no more is coleworts of any
 kynd of pulse, except chittes, great peason, rapes
 nor spinach is good. Also there be forbydden ro-
 kat and mustard, much wine & egges, except they
 bee eaten with sozell sause, vinegar, or iuice of
 ozenges, parsely, and parsnype be good. Now
 wyne be norfull, let the meat be somewhat more
 then drinke, but yet susteine not to much hunger
 nez thirst, beware of lechery, of cloudy weather
 and cloffe. eschew much resort or throg of people
 wyndes comminge from fennes or mores, from
 sleepe at none, vse with your meate this pouder,
 sanders redde halfe an ounce, Cinamom
 thre drammes and a halfe, saffron halfe a
 dramme, After your meate ate a litle of cox-
 ander seede well prepared. In the morning at
 a temperate fyre kemb your head backward,
 clense your bodie and head of all superfluities,
 vse also moderate fricasse with sweete per-
 fumes and odours, wash oftentimes your face
 and handes with pure vinegar mixt with rose
 water. In cold weather mixe it with mintes,
 •baume

THE FOURTH

Baulme, Rue, or Myrtles, and sometime with
cloues. In hot Sommer with roses or blozets.
Aboue al things vse to make white wyne, good
whyte vineger rosce, water of Roses, in equall
porcions, put thereunto a litle setuall, or of the
rynd of a Citron and drinke thereof a litle, and
oftentymes wash therewith your handes, and
visage. Medicines preseruatiue against the pei
silence which bee alway most ready, are these a
figge with rue, and a walnut eaten fasting, also
trialle, or mithridate, to oldmen a drame weight
to yong men halfe a dramme, or a scruple dissol
ued in vinegar & rosewater, or in water of to
mentil, scabiose, or baulme, if the plague bee in
Sommer: if it be in Winter, put to the waters
some white wyne. Also the pilles called comon
ly Pilulæ Rafis (but in deede they were inuen
red by Rufus) are hery excellent specially if the
aloe, which is in it be washed & thereunto added
a litle Bolus armenus, & Terra sigillara. And if
the person be of hoar complexion, a quantite of so
rell seede, and red copall, this confected with
syrups of citrons, in cold complexions, or to olde
men with white wine, vse them euery third day,
one pill at a time thre hours or foure afore di
ner or supper. If yee take trialle or methridate,
absteine from meate at the least six houres af
ter. A peece of the roote of a settuall, bozne in y
mouth, preserueth from infection. In likewise
doth sorell chewed fasting, and the iurce sucked
downe. To ppoze men, Marcellus was wonte
to geue a toast of breade steeped in Vinegar
with

with a peece of an Onion, or Rue. All thinges which be cordiall, that is to say, which do in any wise comfort the hart, do resist pestilence vehement anger, or heauines bee very pernicious.

Other more exquisite and costlye preseruatiues, I purposely passe ouer, which Marcilius and other phisitions do write so aboundantly, for as much as I desyre to be in this worke compendious. One thing I had almost forgotte, that there is no better preseruatiue, then to flee from y^e place corrupted be yme, and farre of to lette none approach you, that hath made theyr stode wher the plague is feruēt. Whoeuer receiue not into your house any stuffe, that cometh out of a house wherein any person hath bene infected.

For it hath bene sene, that such stuffe lying in a coffer fast shutte by the space of two yeares, after that the coffer hath bene opened, they which haue stode nigh to it haue bene infected, and some after haue dyed. But here I alway except the power of God which is wonderful and also mercifull, aboue mans reason, or counsaile, preseruing or striking whom, when, and where it shall like his magelly: to whom be glorie and prayse. euerlastyng Amen.

Thus make I an end of this treatise, despyeryng them that shall take profite thereby to defende it agaynst enuyous diuysie, on whom I haue set the aduenture for the loue that I beare to my countrey, requytinge all honest phisitions to remember that the intent of my labour was that men and women reading thes worke, and

THE FOURTH

observing the counsailes therein shoulde adopte
thereby their bodyes to receiue moze sure reme-
dy by the medecines prepared by good phisiti-
ous in daungerous sicknesses, they keeping good
diet and enforming diligently the same phisiti-
ons of the manner of their effectes, passions, and
sensible tokens. And so shall the noble and most
necessary science of phisicke, with the ministers
therof escape the slander which they haue of lōg
tyme suspected, and according to the precepte of
the wise man be worthely honoured for as much
as the highest God did create the phisition for
mans necessity, and of the earth created
medecine, and the wise man shal not
abhorre it. Thus fare ye wel gē-
tle readers, and forget me
not to your good report
& pray to god y I be
neuer worse
occupied.

FINIS.

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